



## Manage more aspects of wellness, more easily.

As our preferred mindfulness and meditation partner, **Headspace integrated with Virgin Pulse** is now included in your plan.

### Headspace for work and home

This mental health benefit helps you improve your happiness and workplace performance, all while cultivating a culture of mindfulness. You'll gain access to hundreds of meditations and exercises for stress, focus, sleep, movement, and more. Headspace makes it easy to gain insight into your wellbeing, encourage productive habit-building, and generally keep yourself healthy.

- Manage your feelings and thoughts with mindfulness exercises
- Find preventive support for stress, anxiety, depression, sleep, and more
- Explore inclusive content from a variety of diverse experts
- Boost focus with helpful meditations and music
- Discover inspiring stories to help keep you motivated



### Users reported

#### Cut stress

# 32%

less stress after 30 days of Headspace<sup>1</sup>

#### Boost focus

# 22%

less mind-wandering after one session of Headspace<sup>2</sup>

#### Manage depression and anxiety

# 29%

decrease in depressive symptoms after eight weeks of Headspace<sup>3</sup>

# 19%

decrease in anxiety symptoms after eight weeks of Headspace<sup>3</sup>

**Your health plan includes access to Headspace. Get started today at [Member.UniveraHealthcare.com](https://Member.UniveraHealthcare.com)**

<sup>1</sup> Headspace peer-reviewed paper in PLOS One

<sup>2</sup> Department of Psychology, University of Southern Denmark

<sup>3</sup> Headspace peer-reviewed paper in American Psychological Association

Subject to DFS approval

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Univera Healthcare.