

Support for the ones you love



Your friends and family have access to Headspace, too

Meditation and mindfulness have been shown to help people stress less, focus more, and sleep soundly. With hundreds of guided exercises for meditation, sleep, focus, and movement, we'll help you start and end the day feeling like your best self.

Encourage the ones you love to live happier, and healthier every day by inviting them to your family plan. The best part? It's all free through your organization's benefit.

To invite loved ones to your family plan:

1. First, get yourself enrolled in Jackson Health System's program by scanning the QR or visiting the URL in orange below to create your account. You'll need your **@jhsmiami.org** email!
2. Then, navigate to the Manage Accounts page on a web browser and log into your account: <https://www.headspace.com/family/manage>
3. Invite up to 5 loved ones by inputting their email addresses
4. Click 'Save' to ensure the invitations are sent. You'll see an 'invite sent' next to each person once they received an email from Headspace.



Enroll here:

<https://work.headspace.com/jacksonhealth/member-enroll>