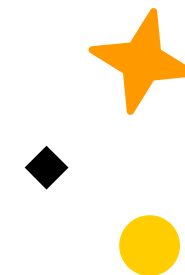


headspace®



Headspace Guide

How do I enroll as an employee of JHS?

1. Visit: <https://work.headspace.com/jacksonhealth/member-enroll> or scan the QR code to the right
2. Click “No, create new account” and set up your login credentials (name, email, pw) → remember these!
3. Enter your work email when prompted → check your inbox for a verification email and click it
4. You’re account is now created. Now, just download the Headspace app to your phone and “log in” with the email & pw from step 2

Enroll yourself here:



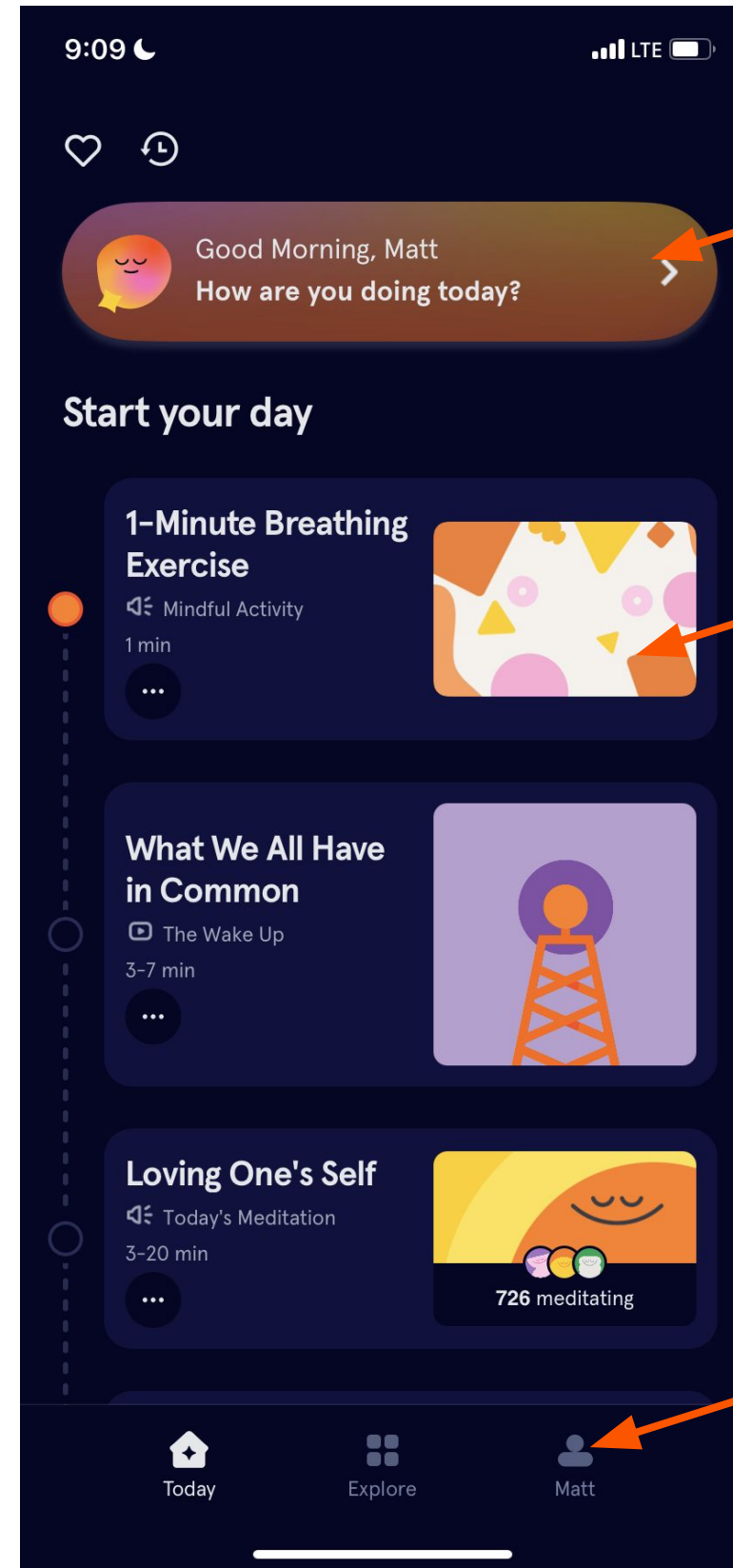
How do I give my loved ones access?

Each employee gets 5 invites to extend to loved ones!

1. Ensure you have enrolled yourself first (see above)
2. Visit: <https://www.headspace.com/family/manage>
3. Log in to your own account if prompted
4. You’ll be brought to a webpage where you can enter emails for the people you wish to invite. Enter the emails, click “Save,” and your loved ones will get an email with next steps to activate their account

Questions or need help? Email teamsupport@headspace.com

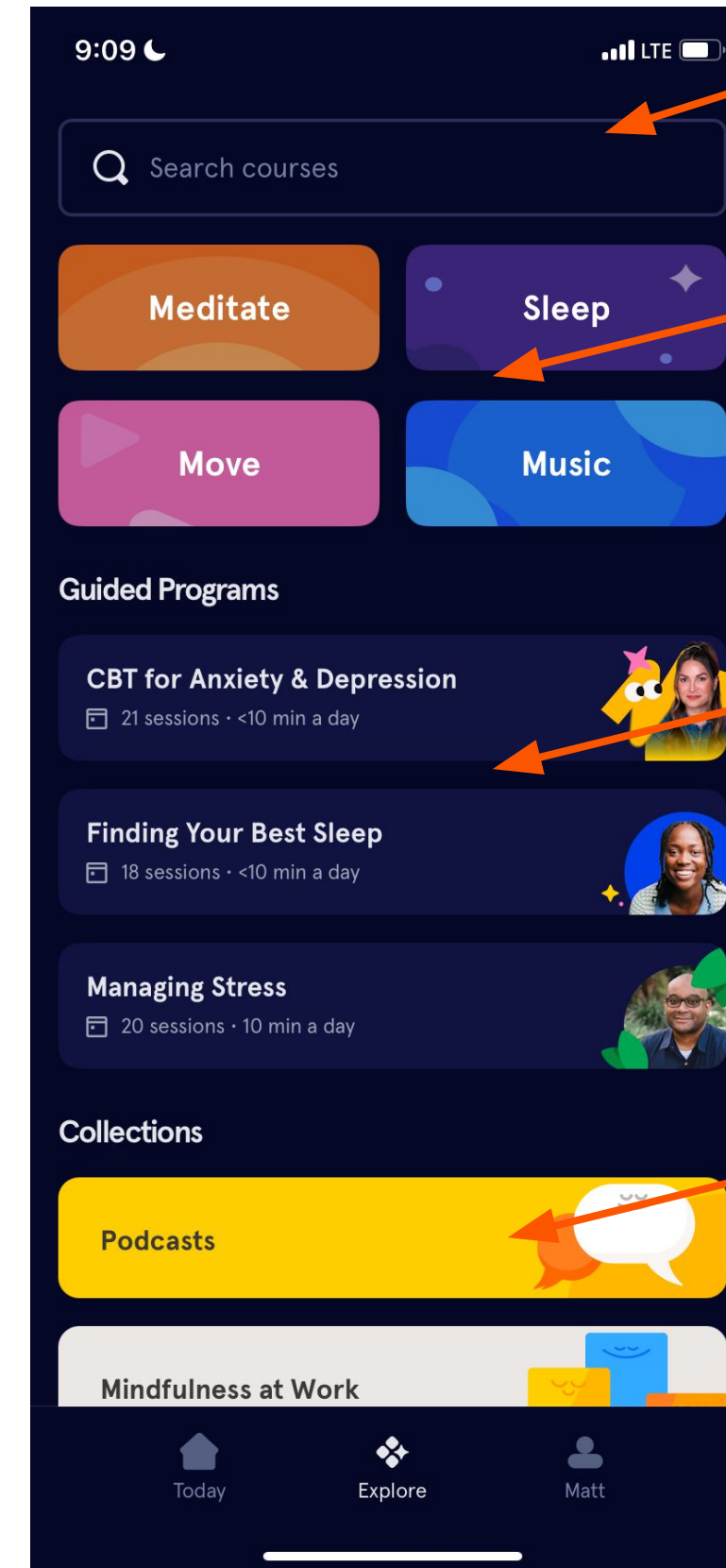
Navigating the Headspace app



Chat with Ebb, Headspace's empathetic AI companion

Daily recommended activities, refreshed daily

Click to navigate amongst different tabs in the app



Use the search bar to search for specific content titles, or even keywords like "stress"

Explore the 4 most popular "categories" of content: Meditate, Sleep, Move, and Music. Within each category is all the applicable content to explore

Guided Programs: Longer form courses that teach you skills over a 2/3/4 week period. Enroll in a program and work through it with a mini lesson each day

Collections: Scroll down! There are lots of these, and they are always being refreshed. Collections group content of a specific theme together for easy access

Today Tab: Tailored content recommendations every day

Explore Tab: Find all of Headspace's content here

Where to start?



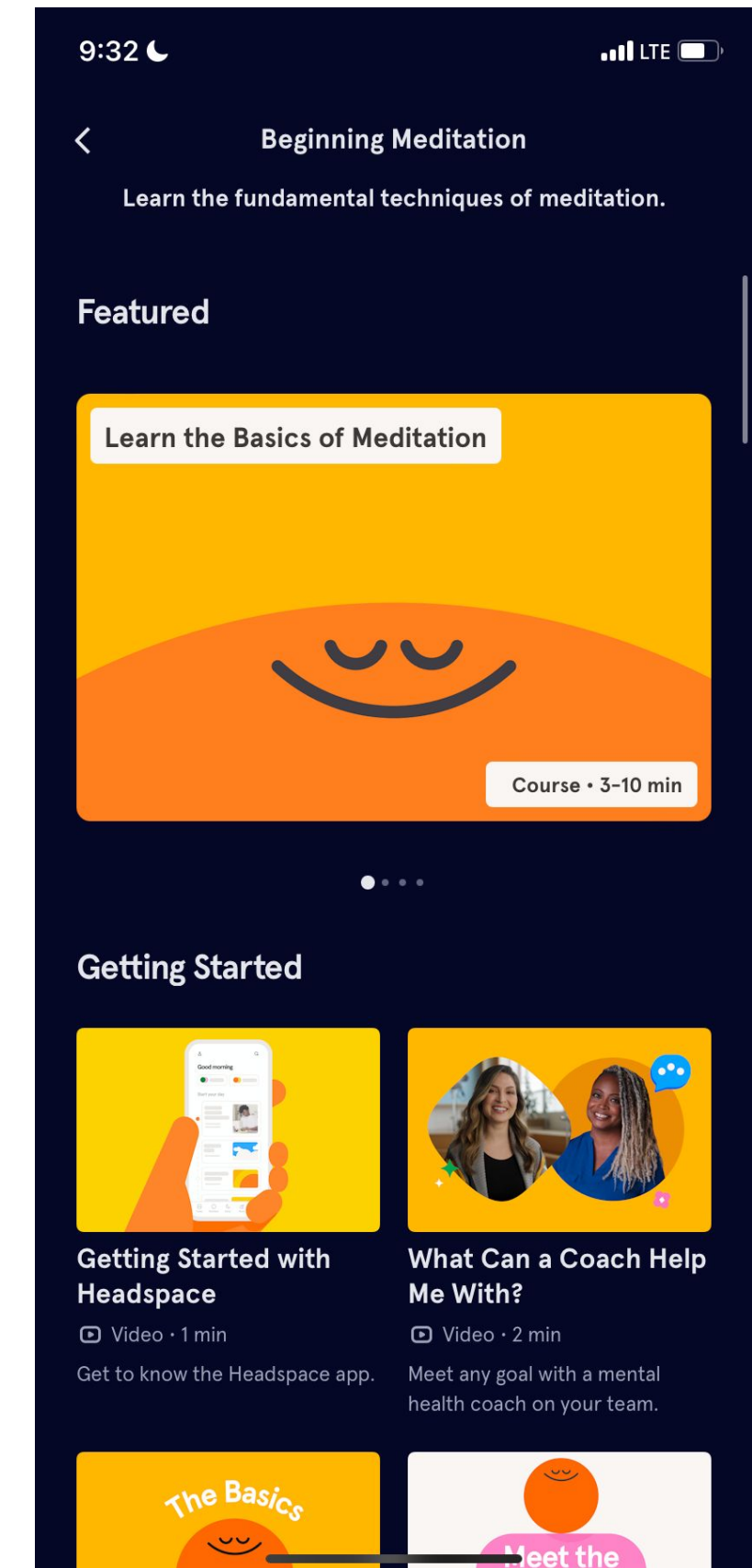
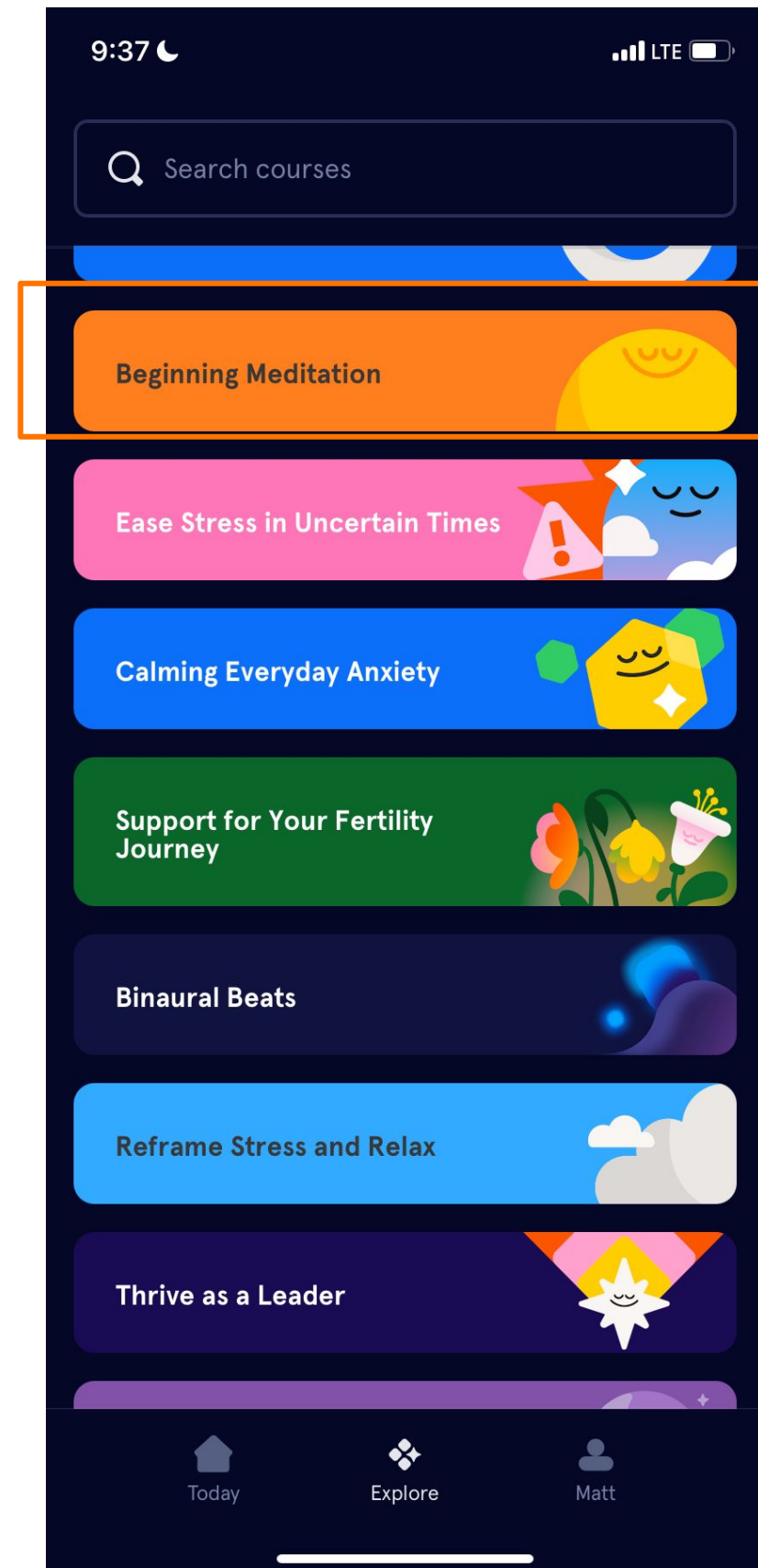
New to meditation?

We recommend starting out in our “Beginning Meditation” collection to learn the basics

How to get there?

In the *Explore* tab, scroll down until you see the “Beginning Meditation” tab.

Alternatively, you can find this collection under the *Meditation* category tab



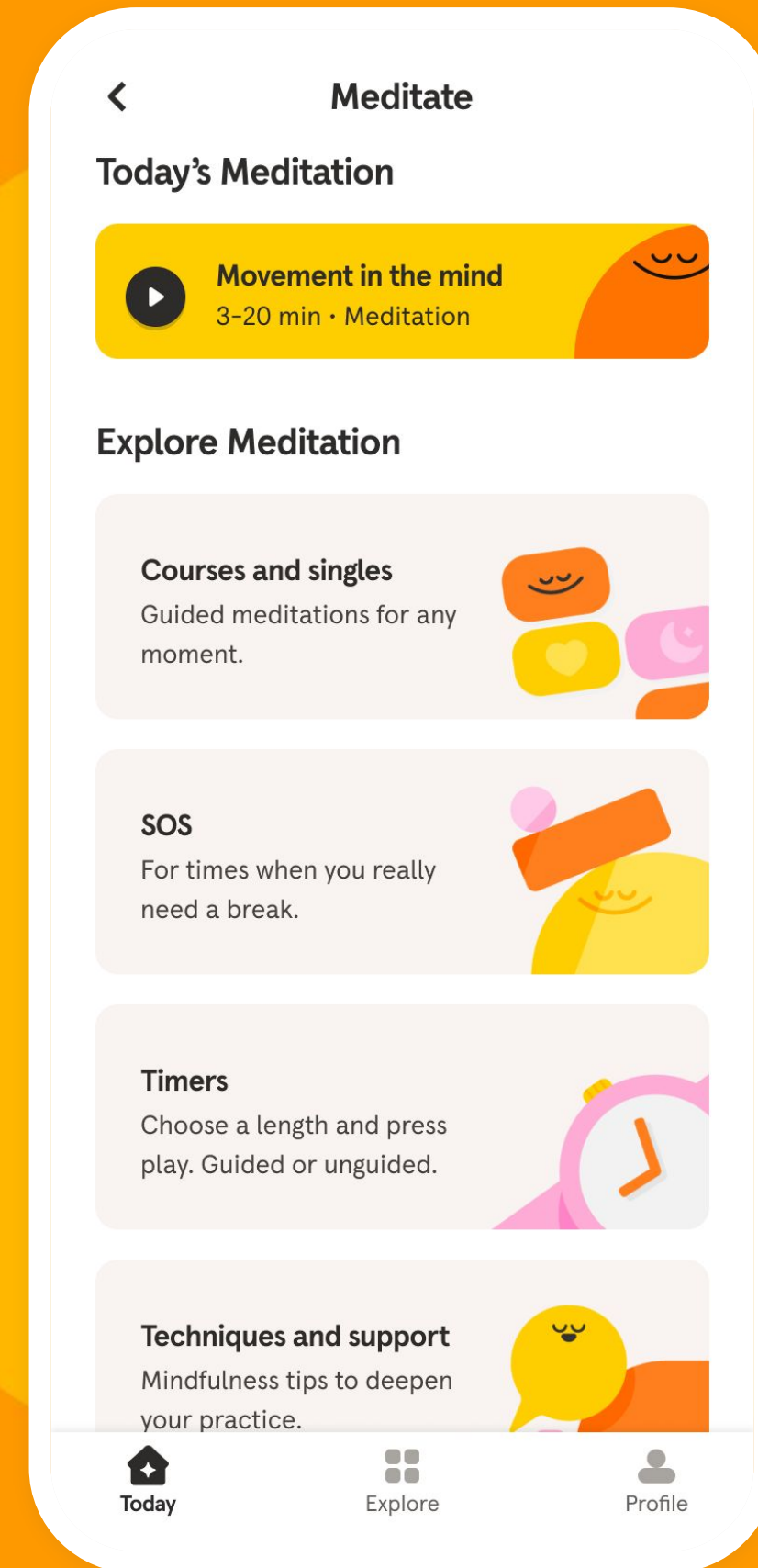
Meditate Category

How to find it? Under your Explore tab, click the “Meditate” category at the top to explore it further!

What’s included? Courses such as *Managing Anxiety*, *Grief* and *Mindful Birthing*. Single pieces of content, including meditations from 3 minutes to 60 minutes

Try these out! Search them in the search bar

- Learn the Basics of Meditation
- Letting go of Stress
- Managing Financial Stress
- Have a Calm Start to your Day
- Feeling Overwhelmed SOS
- Box Breathing



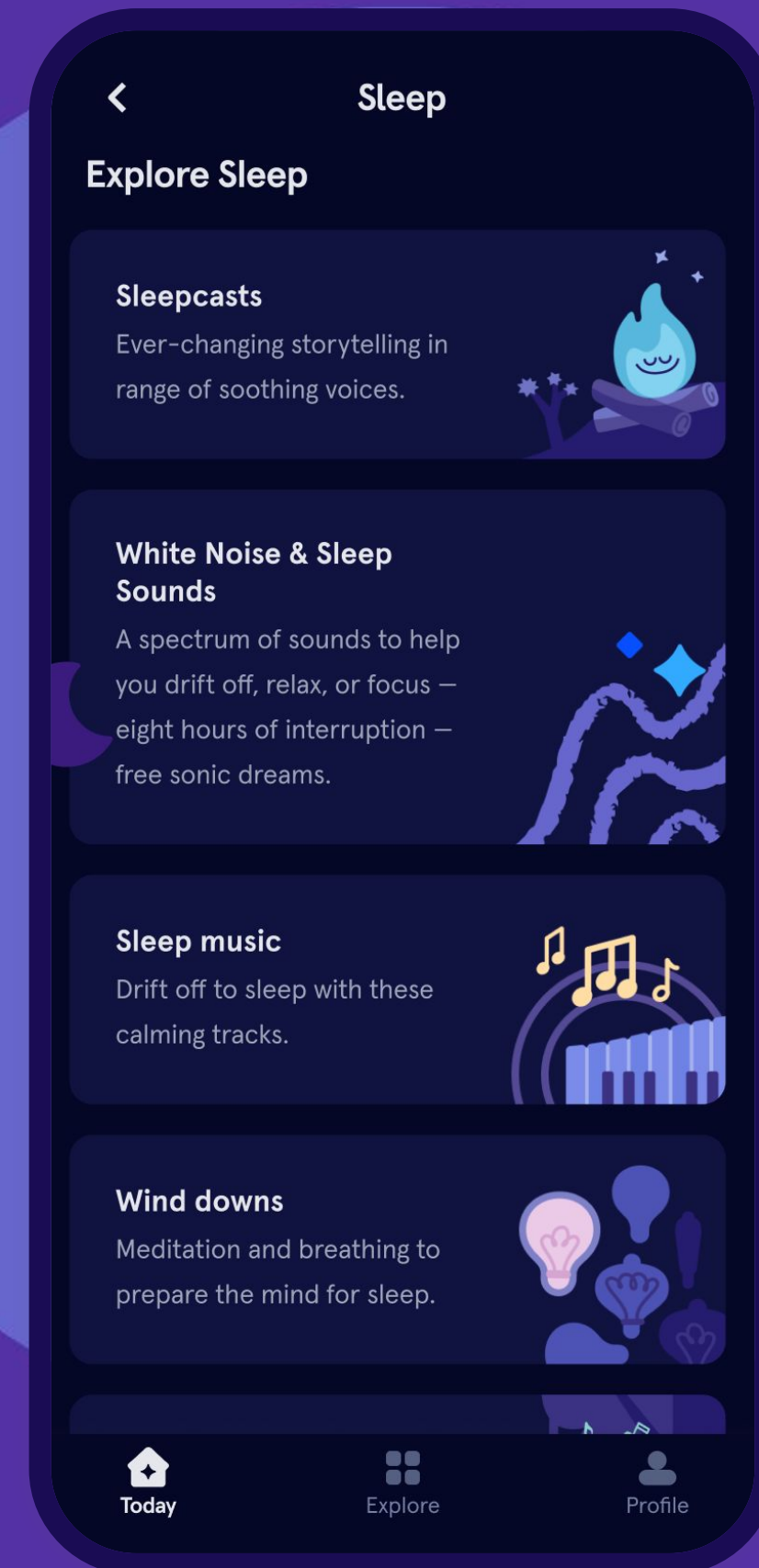
Sleep Category

How to find it? Under your Explore tab, click the “Sleep” category at the top to explore it further!

What’s included? Sleepcasts, wind-down meditations, sleep music tracks, dreamy soundscapes

Try these out! Search them in the search bar

- Gentle Warm Wind
- Gratitude Before Bed
- Racing Mind SOS



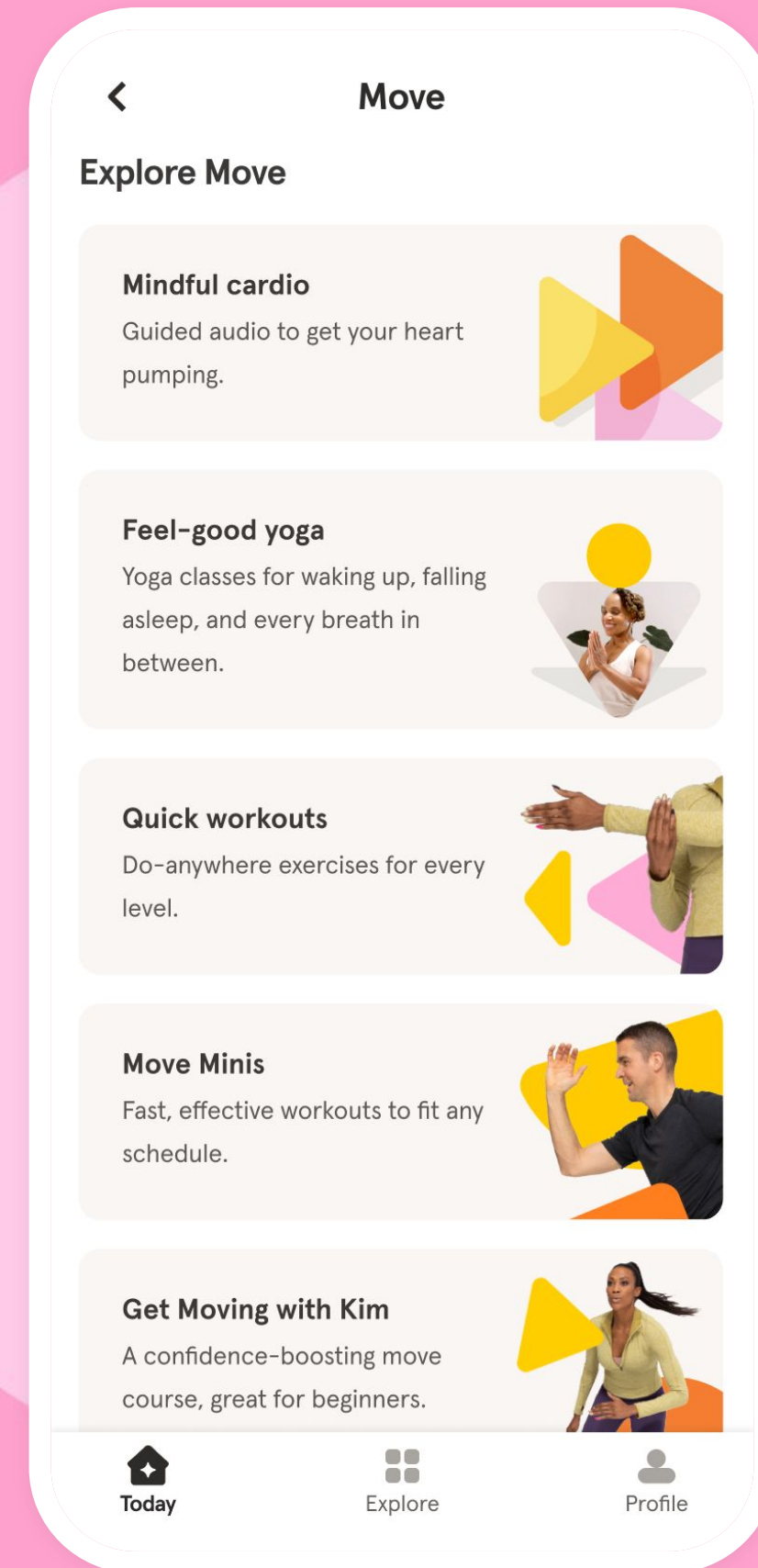
Move Category

How to find it? Under your Explore tab, click the “Move” category at the top to explore it further!

What’s included? Yoga, quick workouts, dance breaks, mindful cardio, stretching videos, and more!

Try these out! Search them in the search bar

- Rise and Shine
- Gentle Run with Kevin
- 7-minute Stretch
- Moving with Purpose



Focus Category

How to find it? Under your Explore tab, click the “Music” category at the top to explore it further!

What’s included? Focus exercises, focus music playlists, and more!

Try these out! Search them in the search bar

- Feel the Benefits of 5 Deep Breaths
- Focus with Hans Zimmer’s Music
- Get into Focus (50 Hz)

