



Say hello to Headspace



Meditation and mindfulness have been shown to help people stress less, focus better and sleep more soundly. Headspace is your personal guide to achieving these goals. It provides hundreds of guided exercises for meditation, sleep, focus, and movement that

will help you start and end your days feeling like your best self. The best part?

HonorHealth employees get it all for free!

We have two separate ways to sign up for Headspace, so please **READ THIS**

CAREFULLY before proceeding.

HonorHealth frontline providers, please sign up here: [Join for free](#)

Headspace will be offering free access to healthcare providers with an NPI number through November 2021, so if you are in one of the following roles, please use this link to enroll with your Honor Health employee ID.

Roles:

1. Physicians
 2. Residents
 3. Physician Assistant
 4. Nurse Practitioners
 5. Licensed Practical Nurses
 6. Licensed Vocational Nurses
 7. Registered Nurses
 8. Care Manager
 9. Case Managers
 10. Psychiatrists
 11. Psychologists
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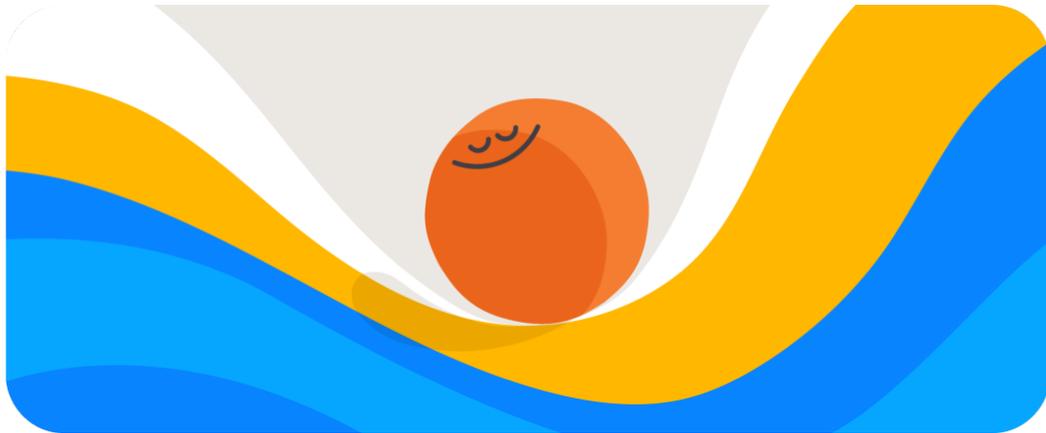
12. Licensed Clinical Social Workers

13. Arizona Licensed Behavioral Health Providers

HonorHealth employees, please sign up here: [Join for free](#)

For everyone else who does not fall into one of the roles above, please use this link to enroll with your Honor Health employee ID. We have a limited number of these seats, so this will be on a first come, first served basis, and we ask that if you sign up, but do not end up using the benefit, to please let us know so someone else can give it a try.

Join for free



**Here's what you'll find when you
join 66 million+ Headspace users:**

- Guided meditations for stress, focus, productivity, and more
 - Sleepcasts and bedtime audio for restful nights
 - **The Wake Up:** bite-sized videos for daily inspiration
 - **Focus:** music and meditations designed to get you in the zone
 - **Move Mode:** quick workouts and guided cardio for body and mind
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Need some extra guidance?

Watch this Launch webinar to learn all about the Headspace approach to meditation and mindfulness, and tips for using the app.

[Watch now](#)

Use password: **helloheadspace**

Have questions?

Get answers on our [Headspace for Work Help Center](#).
