headspace

Stress less with Headspace

Your everyday app for feeling better



Worries, fears, racing thoughts — we've all been there. Start taking care of your mind with Headspace. Explore guided programs on managing stress and anxiety, plus simple mindfulness exercises to reset in the moment.

Connect one-on-one with a mental health coach who can guide you through stressful moments, big life transitions, or everyday anxious feelings. You can even meet with a therapist or psychiatrist for an added layer of support to get back to feeling like yourself again.



> **"It's really had a big impact on how I manage my stress and overwhelming thoughts"**
>
> WHAT MEMBERS ARE SAYING

The best part? Addepar provides you with a Headspace membership at no cost to you. You can even invite up to [5] loved ones to access this benefit, too.

Scan the QR code to get started.
https://work.headspace.com/addepar/member-enroll

** You do not have to be enrolled in your medical benefits in order to claim Headspace at no cost.*

Have a question? Visit help.headspace.com