

headspace



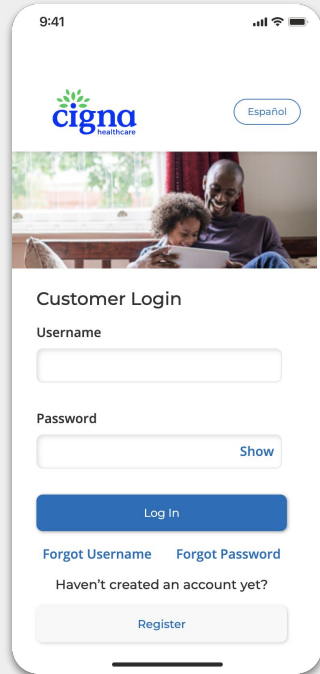
Getting Started Guide

First, get started →

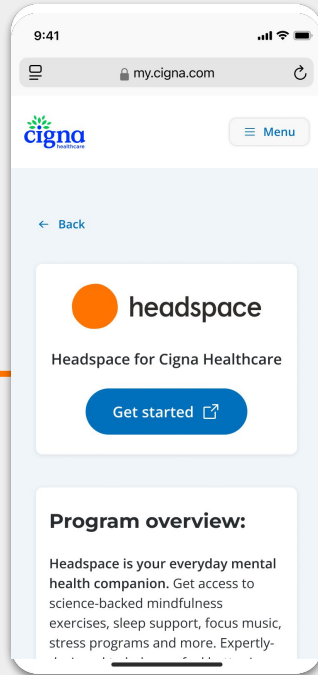
Scan the QR code to get started or [click this link](#) to start on myCigna. The link will prompt you / the member to sign into their myCigna account.



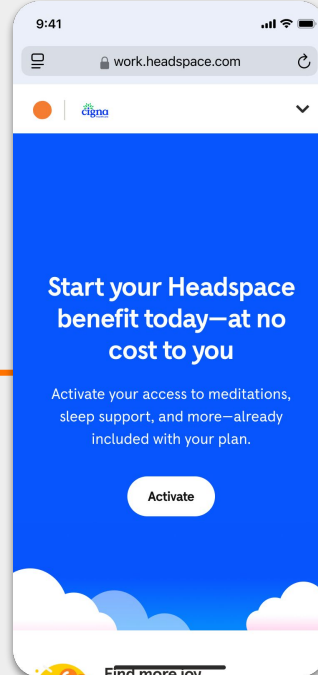
Once started, follow the below to activate access →



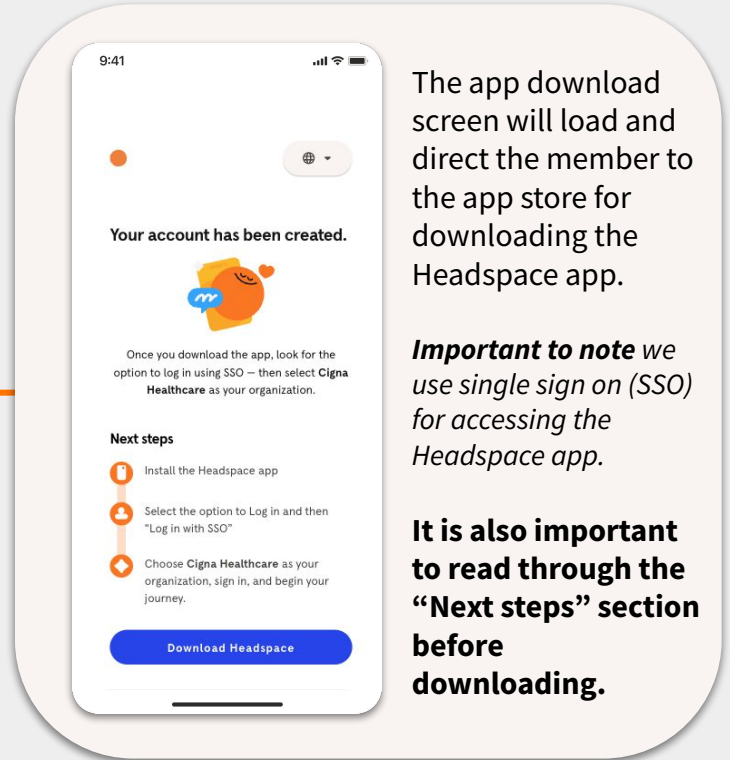
Log In to **myCigna**



Select (or Tap) **Get started**



Select (or Tap) **Activate**



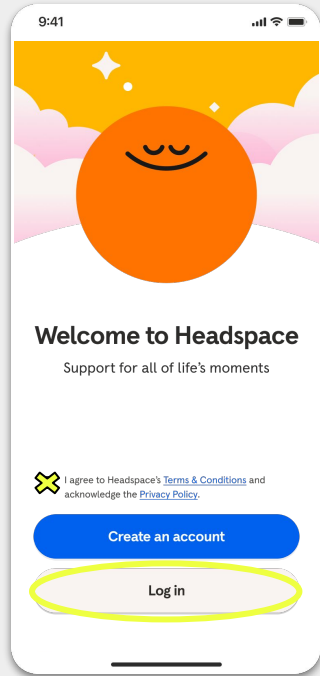
The app download screen will load and direct the member to the app store for downloading the Headspace app.

Important to note we use single sign on (SSO) for accessing the Headspace app.

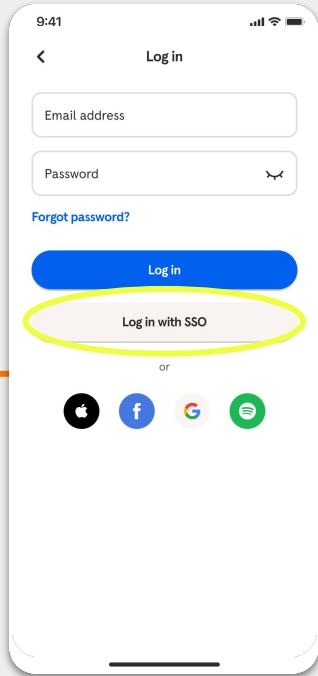
It is also important to read through the “Next steps” section before downloading.

Download the Headspace app

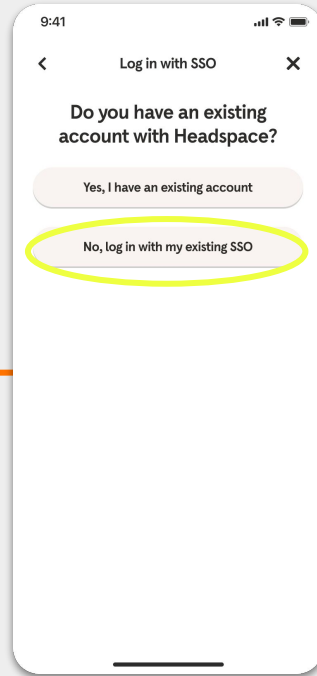
Now that you've downloaded the Headspace app →



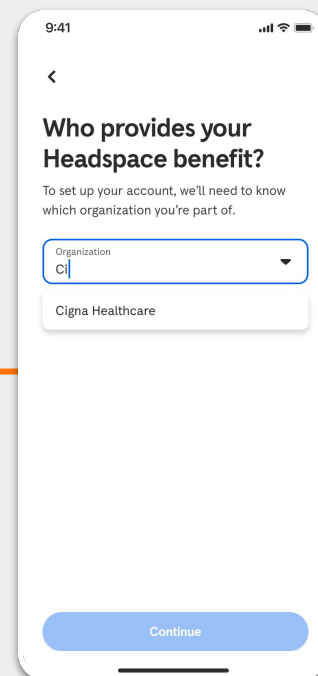
Check the box to accept the Terms & Conditions and select **Log In**



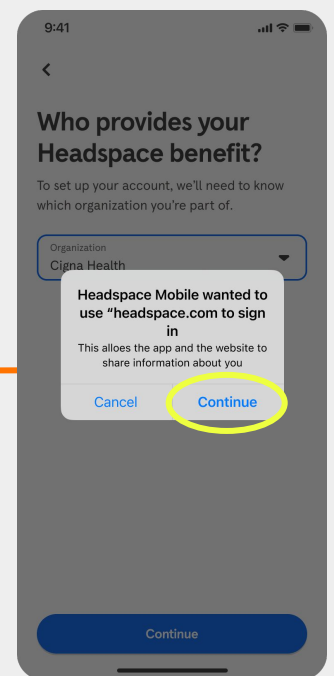
Now select **Log In with SSO button**



Next is the existing account screen, select **No, log in with my existing SSO**

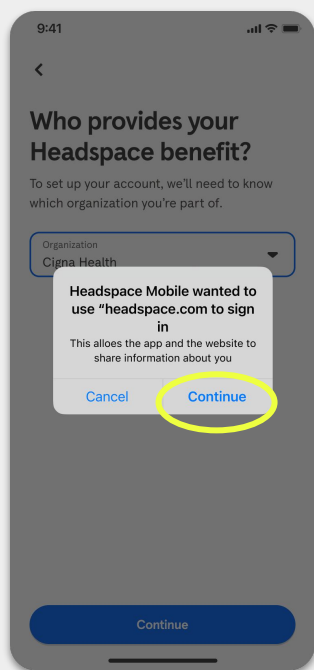


Next you'll be asked what organization provides access, tap the arrow and enter **Cigna Healthcare** to continue

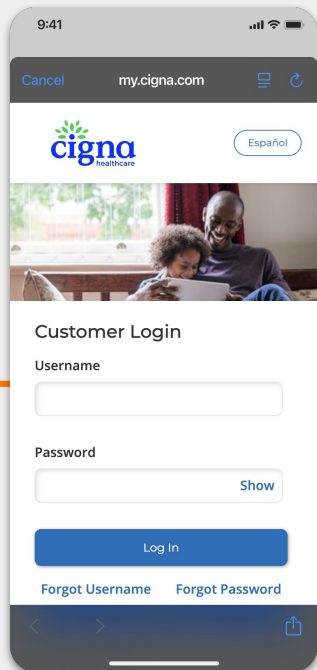


From there it will link you back to the myCigna portal. Tap **Continue**

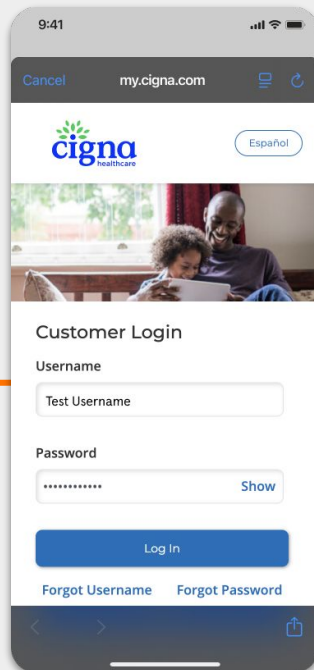
Last step to connect your myCigna login →



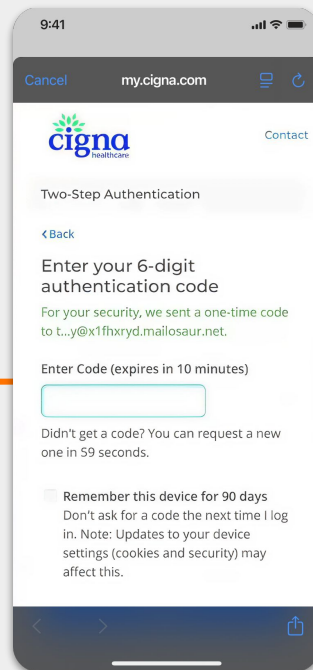
After **Continue**,
myCigna log in appears



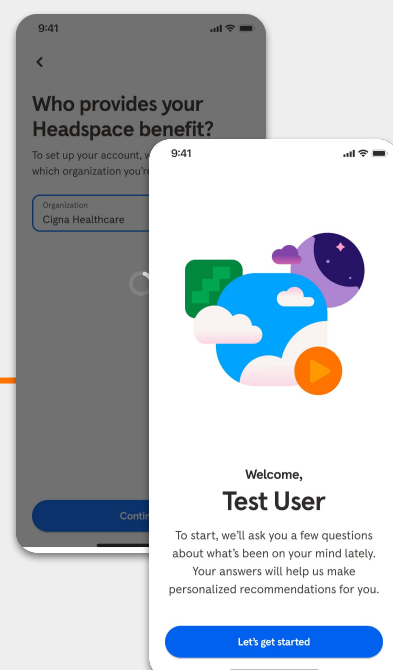
Enter your **myCigna**
credentials



Tap **Log In** once
completed



Enter **authentication**
code from your email to
connect



The screen will load back to
the Headspace app to confirm
you're set up and start your
personalized onboarding!

This material is co-branded by Cigna Healthcare and Headspace. Insurance coverage is provided solely by Cigna Healthcare. Headspace provides access to mental health support services, which are delivered independently of Cigna Healthcare. Cigna Healthcare does not assume any responsibility for the provision or quality of such services. For any medical or mental health emergencies, please contact a qualified health care professional immediately.

The Cigna Healthcare name, logo and other Cigna Healthcare marks are owned by Cigna Intellectual Property, Inc., licensed for use by The Cigna Group and its operating subsidiaries. Cigna Healthcare refers to The Cigna Group and/or its subsidiaries and affiliates. Products and services are provided by these subsidiaries, affiliates and other contracted companies and not by The Cigna Group.