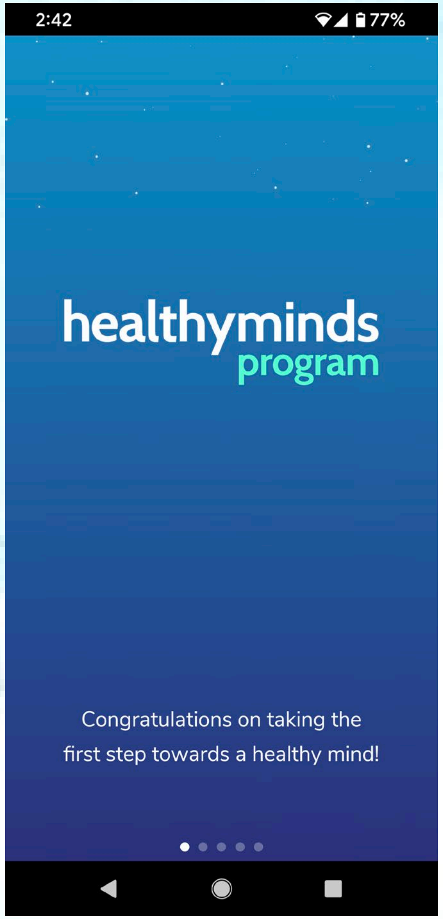
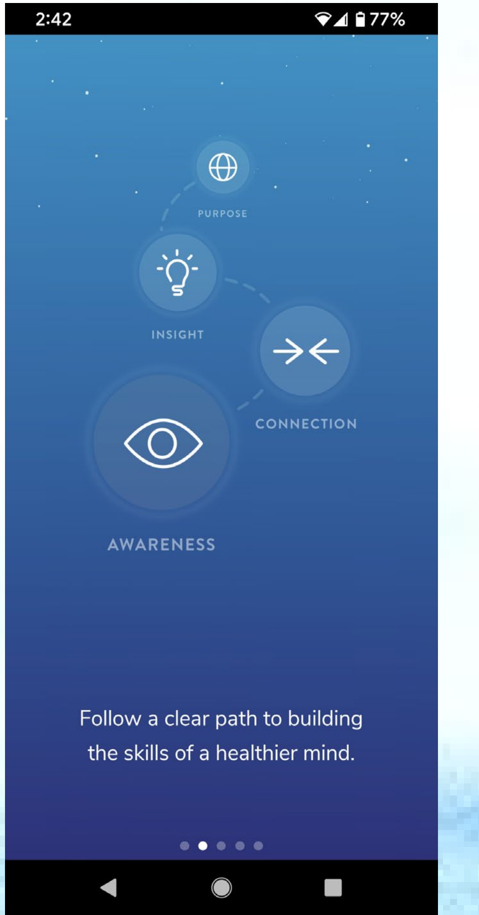
hm

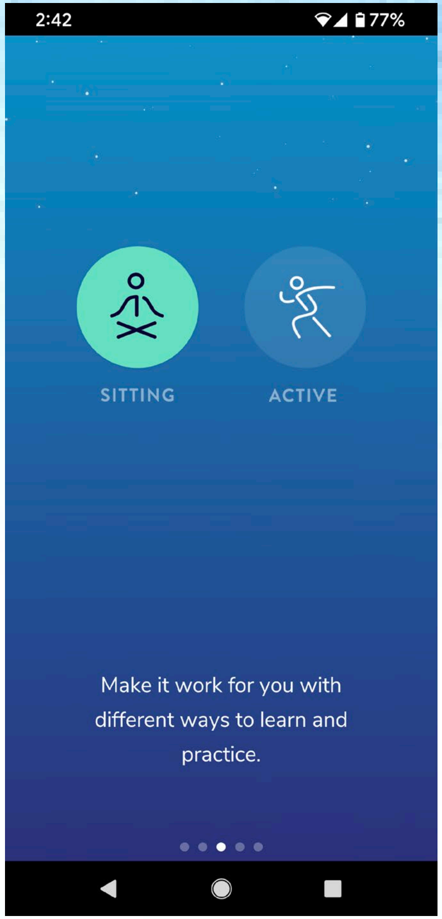
Healthy Minds


2:42
77%
healthyminds
program

Congratulations on taking the first step towards a healthy mind!


2:42
77%
PURPOSE
INSIGHT
CONNECTION
AWARENESS

Follow a clear path to building the skills of a healthier mind.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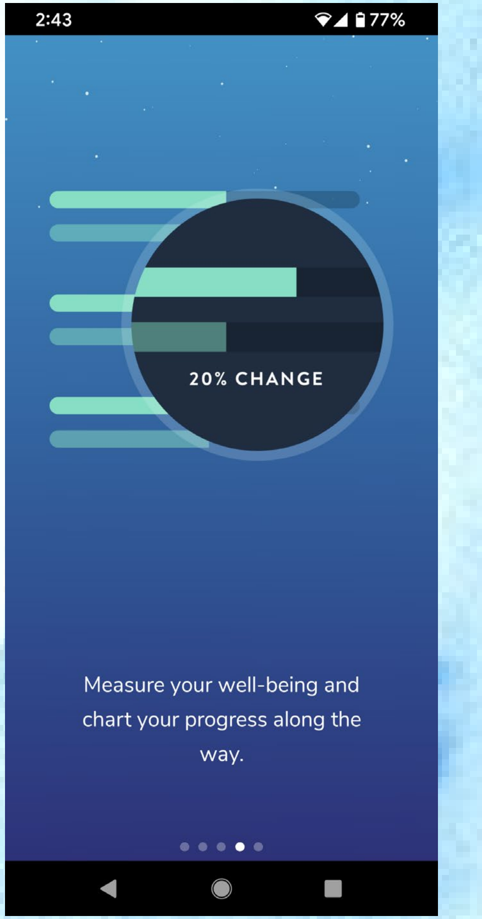
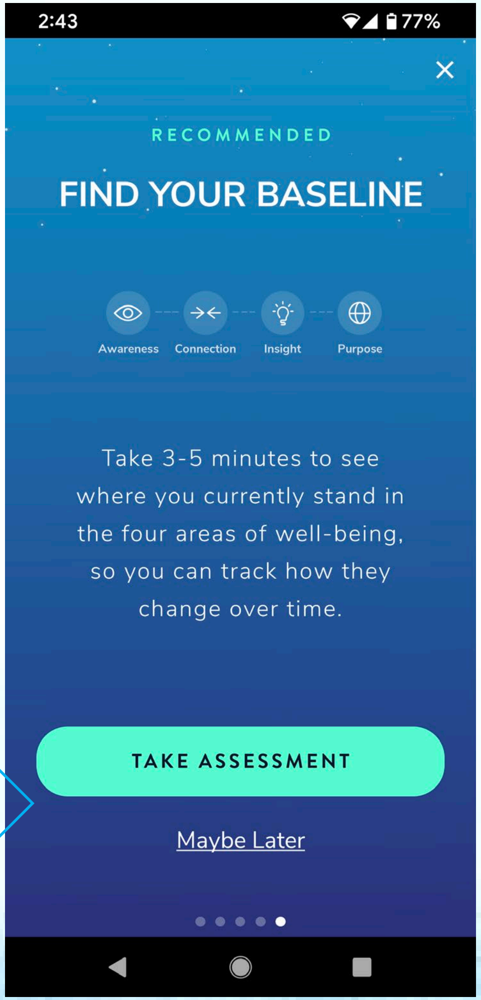
SITTING
ACTIVE

Make it work for you with different ways to learn and practice.


2:43
77%
20% CHANGE

Measure your well-being and chart your progress along the way.

hm
Healthy Minds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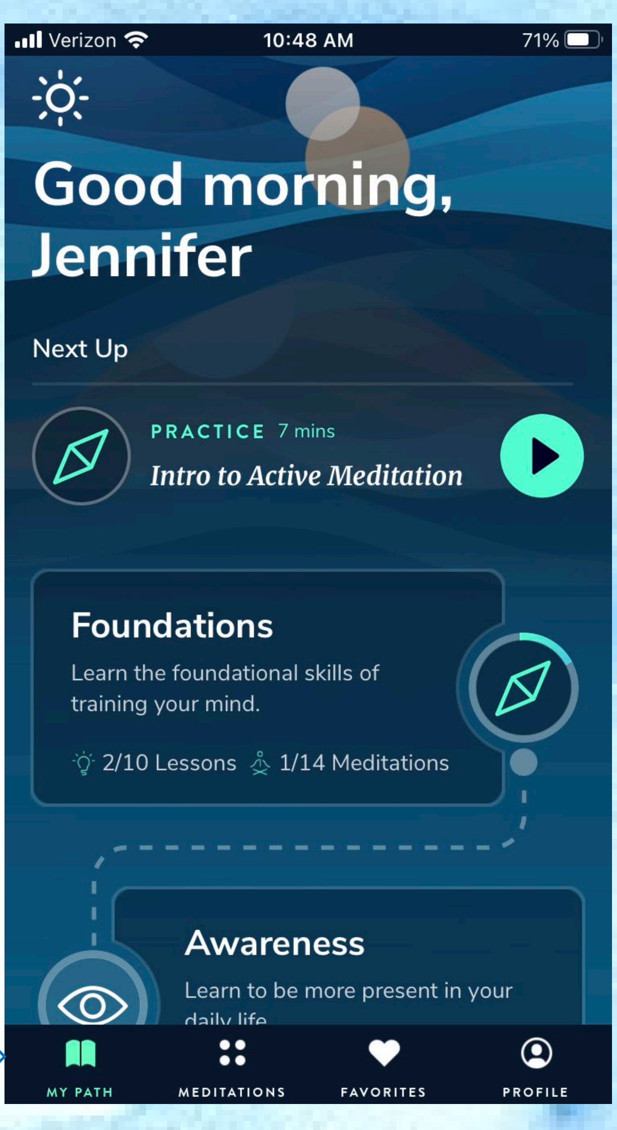
✕
RECOMMENDED
FIND YOUR BASELINE
Awareness
Connection
Insight
Purpose
TAKE ASSESSMENT
Maybe Later

Take 3-5 minutes to see where you currently stand in the four areas of well-being, so you can track how they change over time.

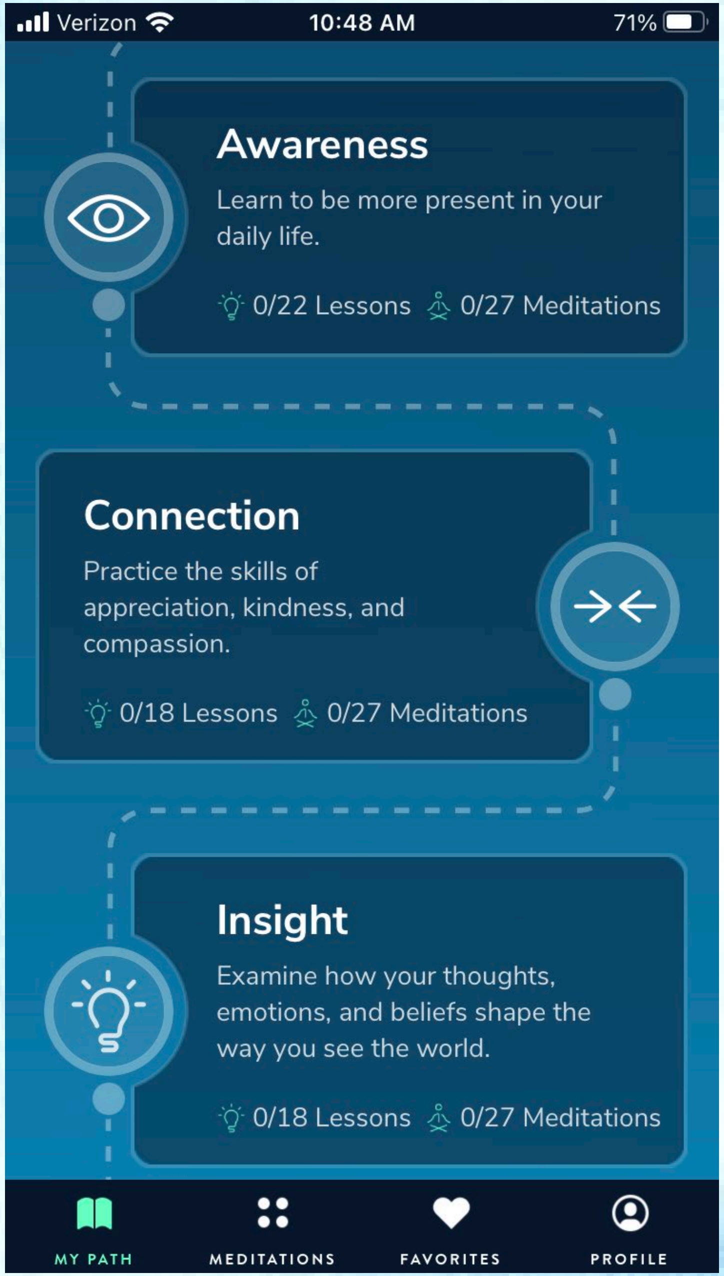
Can choose now or later

Navigate options


Verizon
10:48 AM
71%
Good morning, Jennifer
Next Up
PRACTICE 7 mins
Intro to Active Meditation
Foundations
2/10 Lessons
1/14 Meditations
Awareness
MY PATH
MEDITATIONS
FAVORITES
PROFILE

Learn the foundational skills of training your mind.

Learn to be more present in your daily life


Verizon
10:48 AM
71%
MY PATH
MEDITATIONS
FAVORITES
PROFILE

Awareness

Learn to be more present in your daily life.

0/22 Lessons 0/27 Meditations

Connection

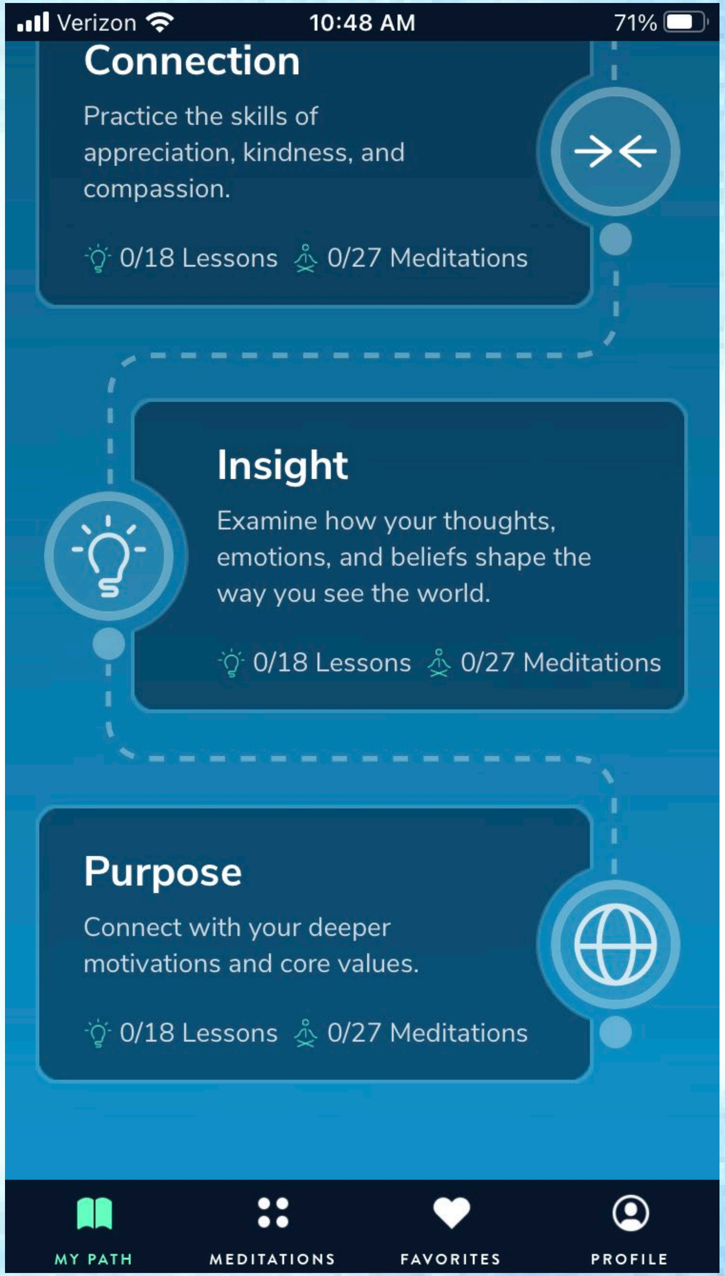
Practice the skills of appreciation, kindness, and compassion.

0/18 Lessons 0/27 Meditations

Insight

Examine how your thoughts, emotions, and beliefs shape the way you see the world.

0/18 Lessons 0/27 Meditations


Verizon
10:48 AM
71%
MY PATH
MEDITATIONS
FAVORITES
PROFILE

Connection

Practice the skills of appreciation, kindness, and compassion.

0/18 Lessons 0/27 Meditations

Insight

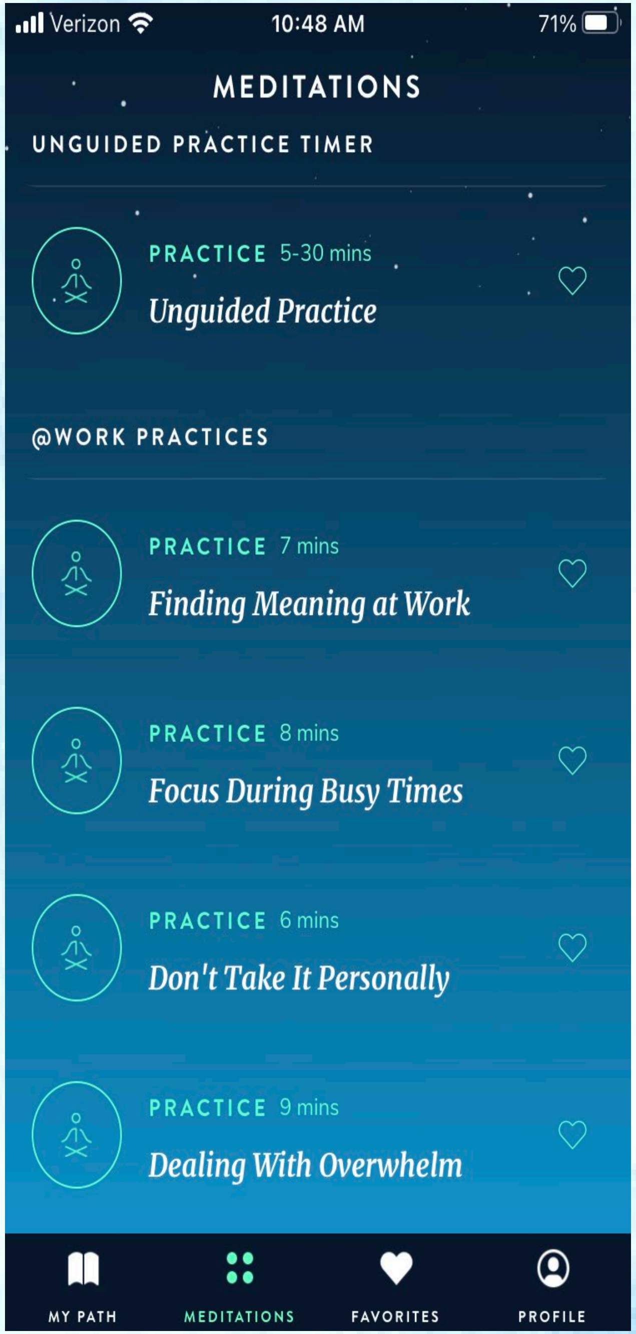
Examine how your thoughts, emotions, and beliefs shape the way you see the world.

0/18 Lessons 0/27 Meditations

Purpose

Connect with your deeper motivations and core values.

0/18 Lessons 0/27 Meditations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10:48 AM
71%
MY PATH
MEDITATIONS
FAVORITES
PROFILE

MEDITATIONS

UNGUIDED PRACTICE TIMER

PRACTICE 5-30 mins
Unguided Practice

@WORK PRACTICES

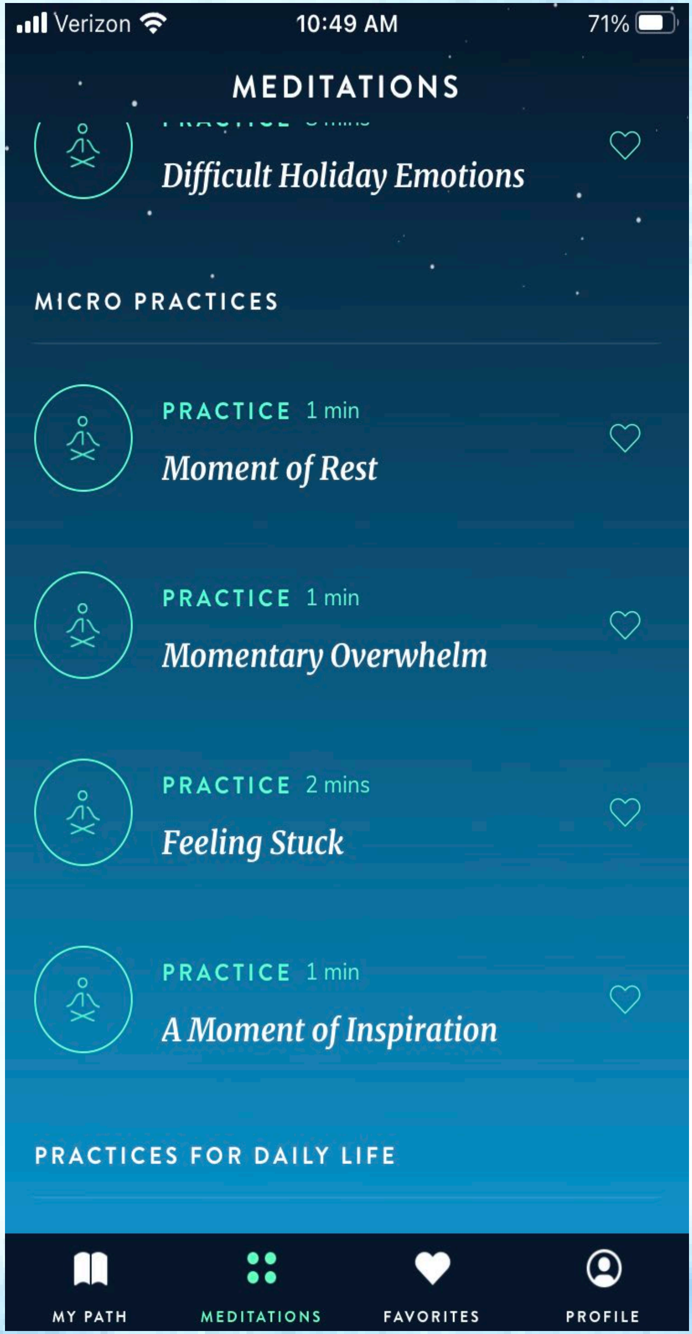
PRACTICE 7 mins
Finding Meaning at Work

PRACTICE 8 mins
Focus During Busy Times

PRACTICE 6 mins
Don't Take It Personally

PRACTICE 9 mins
Dealing With Overwhelm

length of time for each practice is noted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71%
MY PATH
MEDITATIONS
FAVORITES
PROFILE

MEDITATIONS

Difficult Holiday Emotions

MICRO PRACTICES

PRACTICE 1 min
Moment of Rest

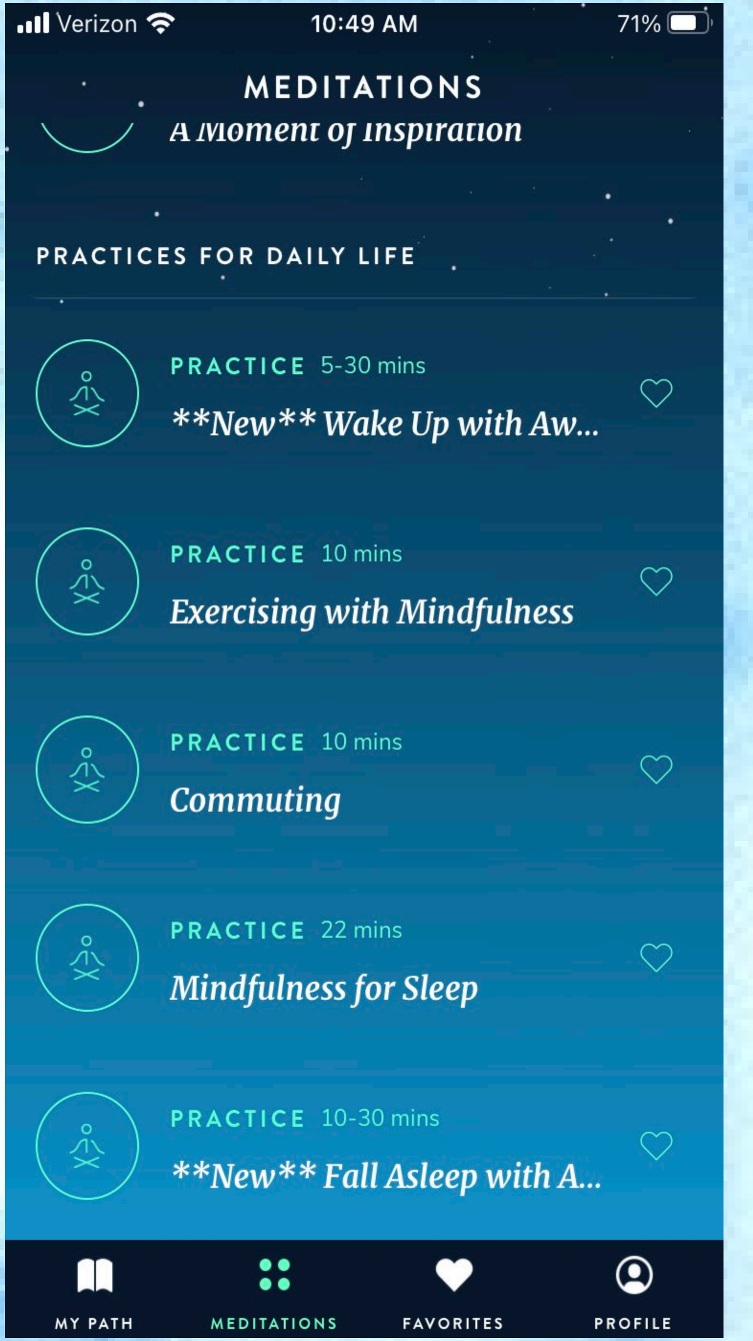
PRACTICE 1 min
Momentary Overwhelm

PRACTICE 2 mins
Feeling Stuck

PRACTICE 1 min
A Moment of Inspiration

PRACTICES FOR DAILY LIFE

Practices for specific parts of your day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71%
MY PATH
MEDITATIONS
FAVORITES
PROFILE

MEDITATIONS

A Moment of Inspiration

PRACTICES FOR DAILY LIFE

PRACTICE 5-30 mins
***New** Wake Up with Aw...*

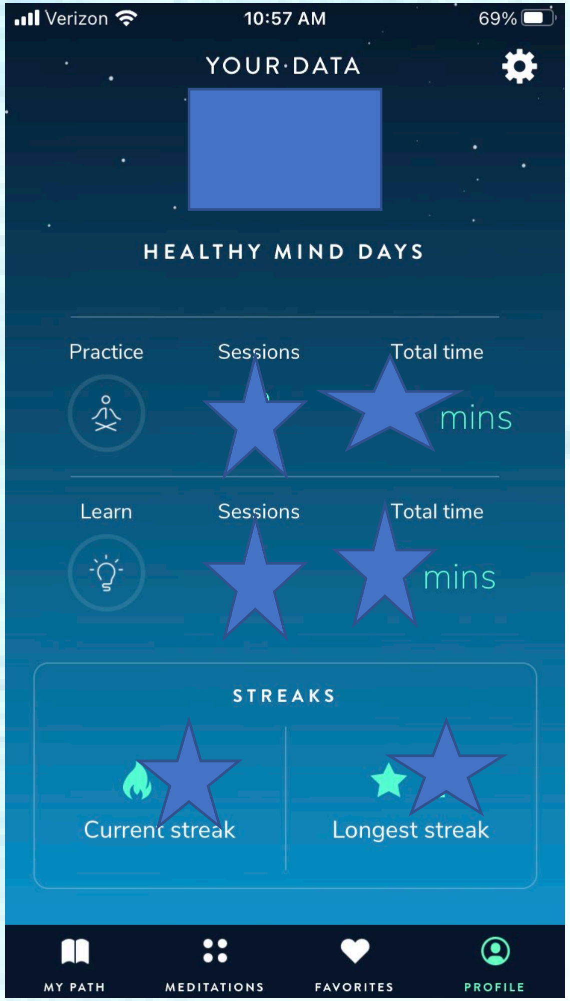
PRACTICE 10 mins
Exercising with Mindfulness

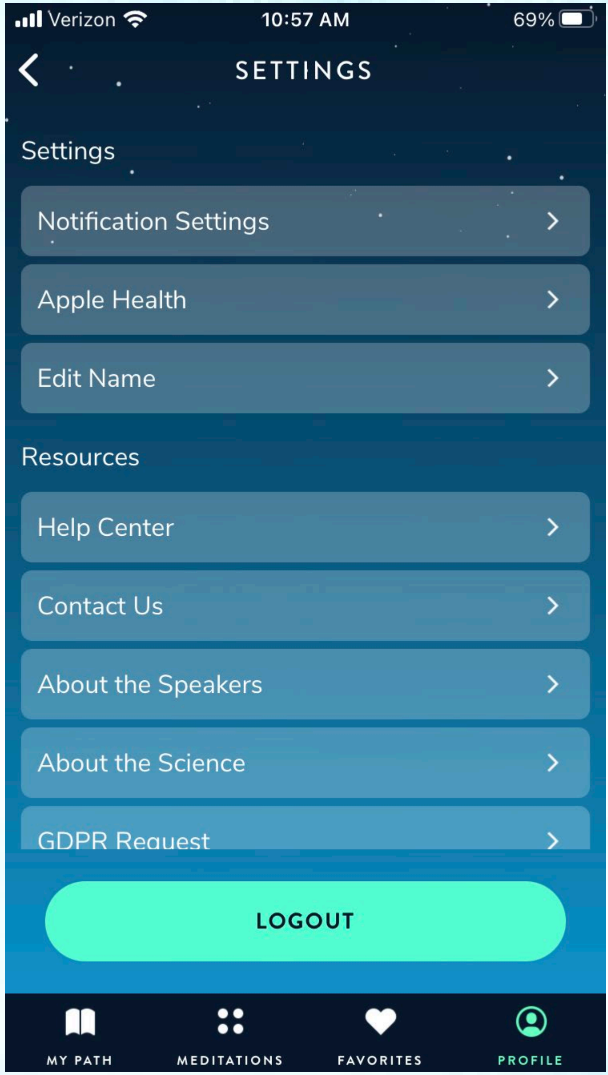
PRACTICE 10 mins
Commuting

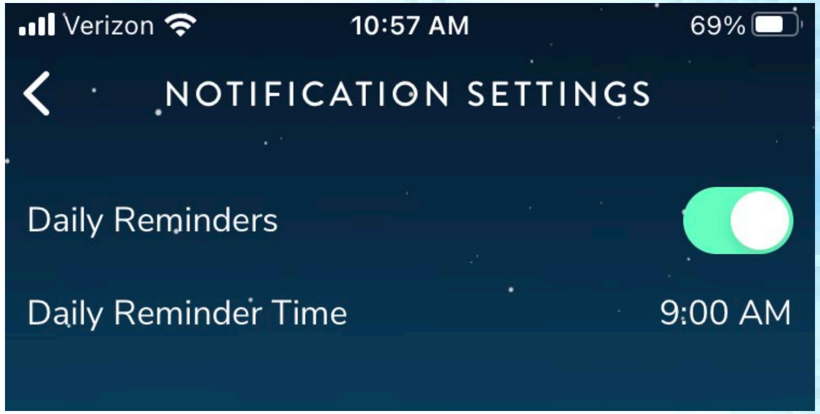
PRACTICE 22 mins
Mindfulness for Sleep

PRACTICE 10-30 mins
***New** Fall Asleep with A...*

You can set a daily reminder in notification settings-you pick the time of day


Verizon
10:57 AM
69%
YOUR DATA
HEALTHY MIND DAYS
Practice
Sessions
Total time
mins
Learn
Sessions
Total time
mins
STREAKS
Current streak
Longest streak
MY PATH
MEDITATIONS
FAVORITES
PROFILE


Verizon
10:57 AM
69%
SETTINGS
Settings
Notification Settings
Apple Health
Edit Name
Resources
Help Center
Contact Us
About the Speakers
About the Science
GDPR Request
LOGOUT
MY PATH
MEDITATIONS
FAVORITES
PROFILE


Verizon
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NOTIFICATION SETTINGS

Daily Reminders

Daily Reminder Time 9:00 AM