

Joining Prisma Health's Headspace Program



1 2 3
Log in Verify Finish

Joining is a 3-step process.
Visit Prisma Health's unique enrollment page:
work.headspace.com/prismahealth/join



If you participated in the pilot, please consult
this [step-by-step guide](#) instead.



1

Log in

Team Members will be asked
“Do you have an existing
account with Headspace?”



1
Log in

2
Verify

3
Finish

English ▾

Join Headspace

Get Headspace at no cost, from Prisma Health


- ✓ 1000+ hours of mindfulness and sleep content
- ✓ Mini exercises for busy schedules
- ✓ Proven to reduce stress in just 10 days

As a Prisma Health team member, you can access Headspace for free. For new users, please use your personal email to create an account. [Learn more.](#)

Do you have an existing account with Headspace?

Yes, I have an existing account

No, create a new account

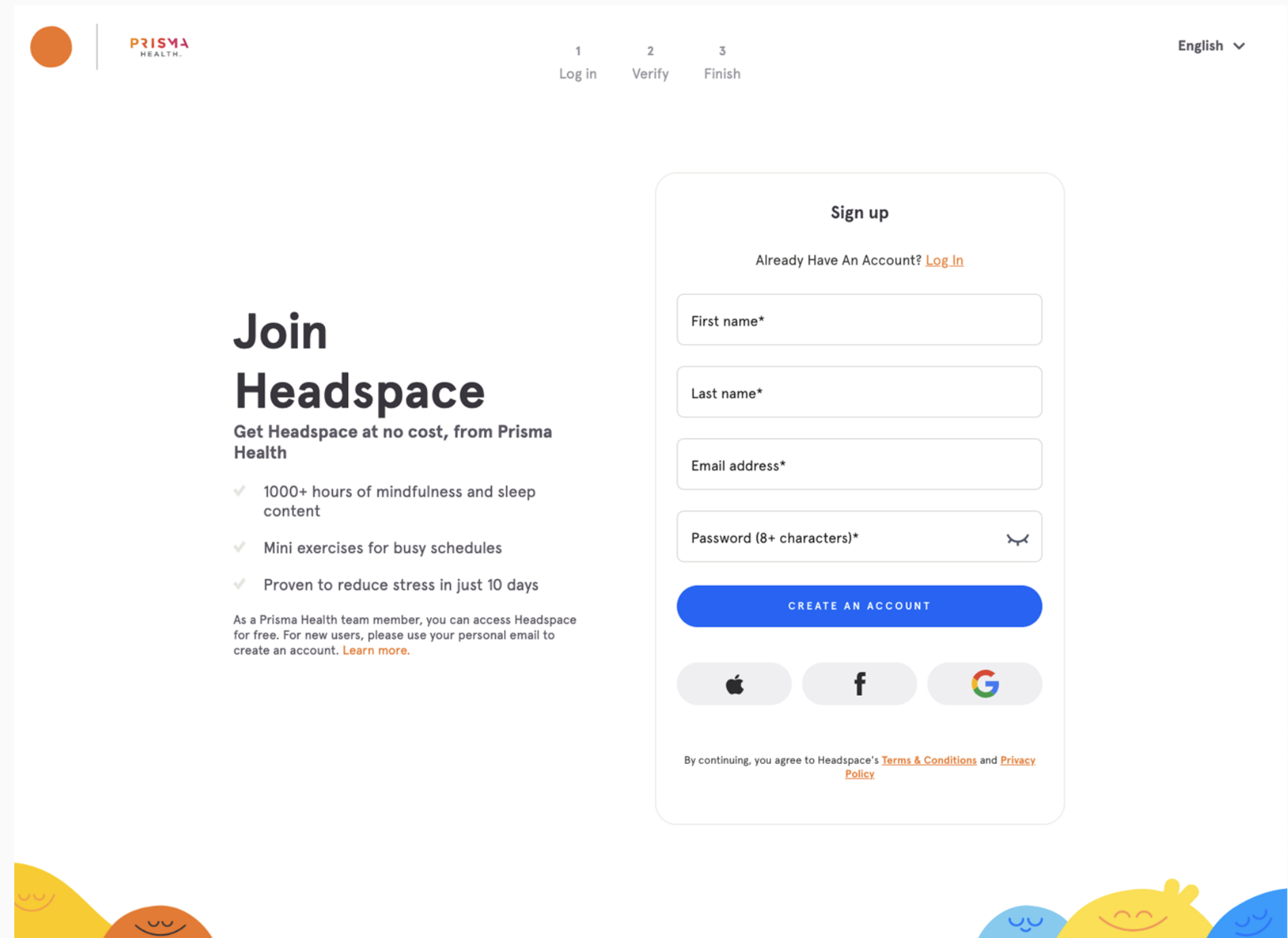


1

Log in

If you’ve never had a Headspace account before, you will answer “No, create a new account”. You will then be prompted to create* a Headspace account.

***Be sure to use a personal email address to create a Headspace account.**



The screenshot shows the Headspace sign-up interface. At the top, there's a progress bar with three steps: 1 Log in, 2 Verify, and 3 Finish. The main heading is "Join Headspace" with a subtext "Get Headspace at no cost, from Prisma Health". Below this, there are three bullet points: "1000+ hours of mindfulness and sleep content", "Mini exercises for busy schedules", and "Proven to reduce stress in just 10 days". A note states: "As a Prisma Health team member, you can access Headspace for free. For new users, please use your personal email to create an account. [Learn more.](#)".

The sign-up form on the right includes the following fields and elements:

- Sign up** header
- Link: "Already Have An Account? [Log In](#)"
- Input field: "First name*" (with a red asterisk)
- Input field: "Last name*" (with a red asterisk)
- Input field: "Email address*" (with a red asterisk)
- Input field: "Password (8+ characters)*" (with a red asterisk and a toggle icon)
- Blue button: "CREATE AN ACCOUNT"
- Social login buttons: Apple, Facebook, and Google
- Footer text: "By continuing, you agree to Headspace's [Terms & Conditions](#) and [Privacy Policy](#)"

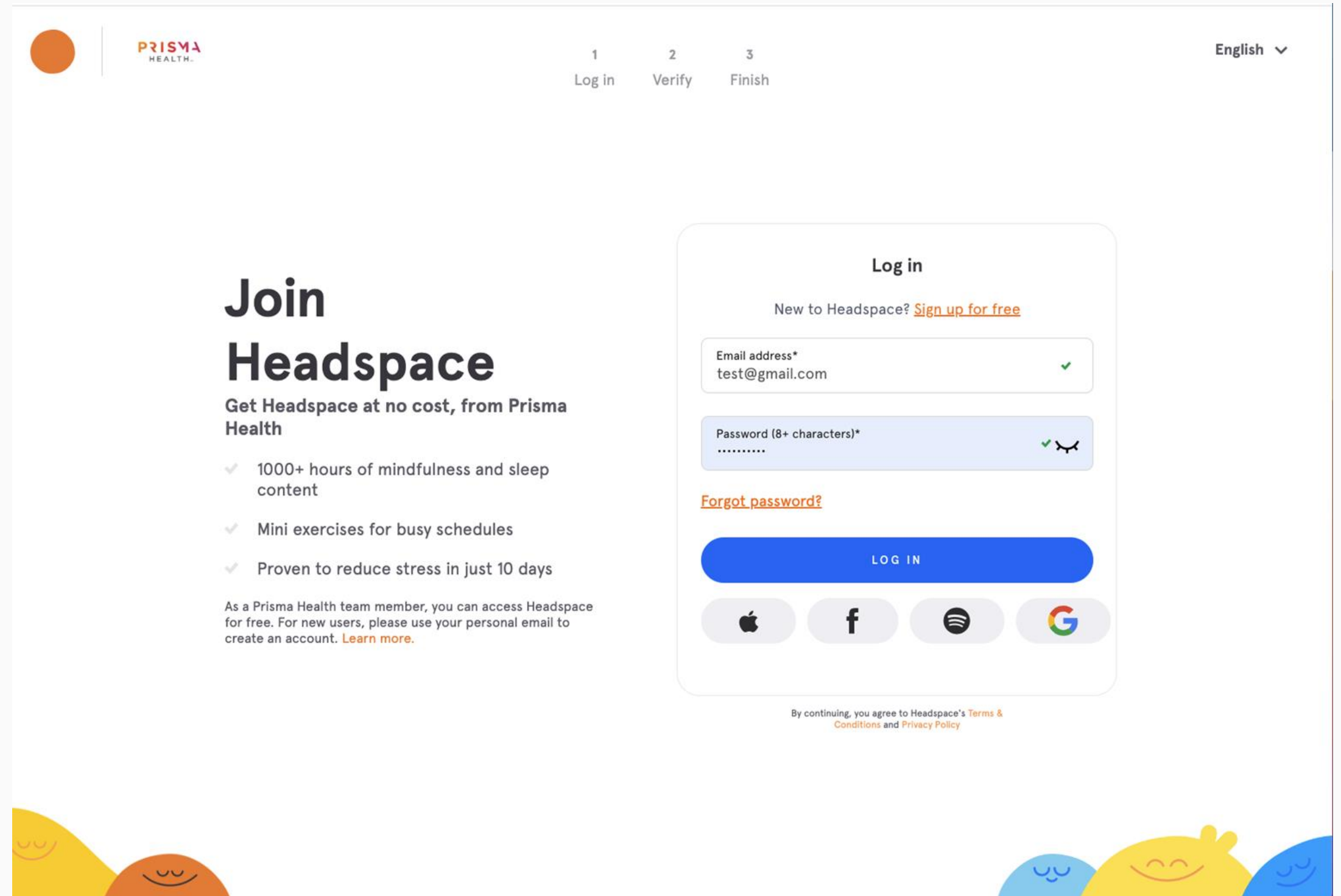
Decorative cartoon characters are visible at the bottom of the page.

1

Log in

If you already have a personal Headspace account, you will answer “Yes, I have an existing account” and sign in with your existing Headspace account information.

You may also sign in using an Apple, Facebook, Spotify or Google account.



1 Log in 2 Verify 3 Finish English ▾

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Log in

New to Headspace? [Sign up for free](#)

Email address*
test@gmail.com ✓

Password (8+ characters)*
..... ✓

[Forgot password?](#)

LOG IN


Apple Facebook Spotify Google

By continuing, you agree to Headspace's [Terms & Conditions](#) and [Privacy Policy](#)

2

Verify

Verify your account with
your Prisma Health email
address

headspace

PRISMA

HEALTH™

✓
Log in

2
Verify

3
Finish

Sign out

English ▾

Join
Headspace

Get Headspace for free, sponsored by
Prisma Health

✓ 1000+ hours of mindfulness and
sleep content

✓ Mini exercises for busy schedules

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As a Prisma Health team member, you can access Headspace
for free. For new users, please use your personal email to
create an account. [Learn more.](#)

Contact teamsupport@headspace.com or visit our [FAQ](#)
if you experience any issues with enrollment.

Verify your access

We need to verify your access to Prisma Health's
Headspace plan. Enter an eligible email below.

Email address

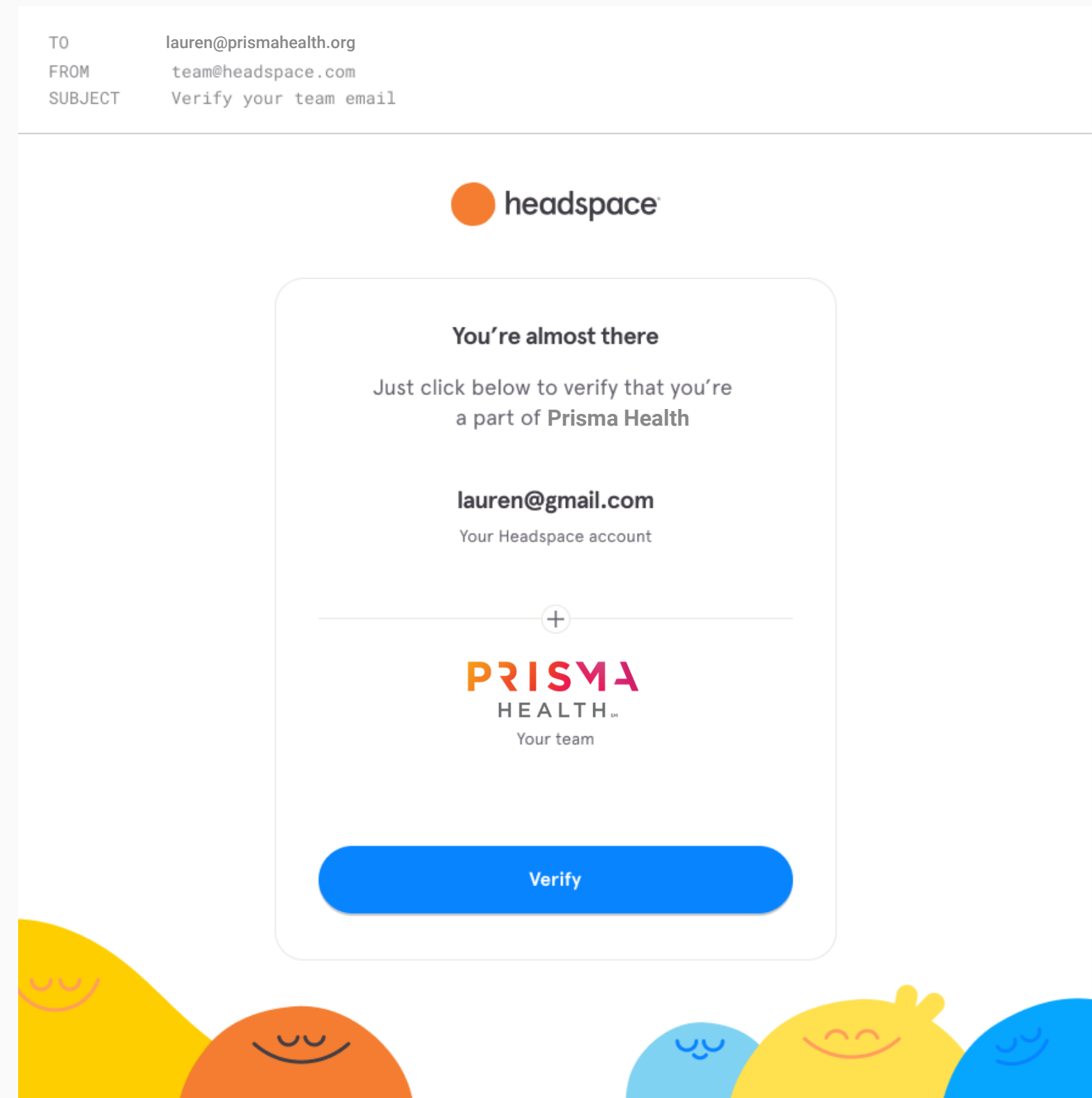
Send verification email

2

Verify

Check your Prisma Health inbox for a confirmation email with the subject line “Verify your team email.”

You must click “Verify” to complete the verification process.

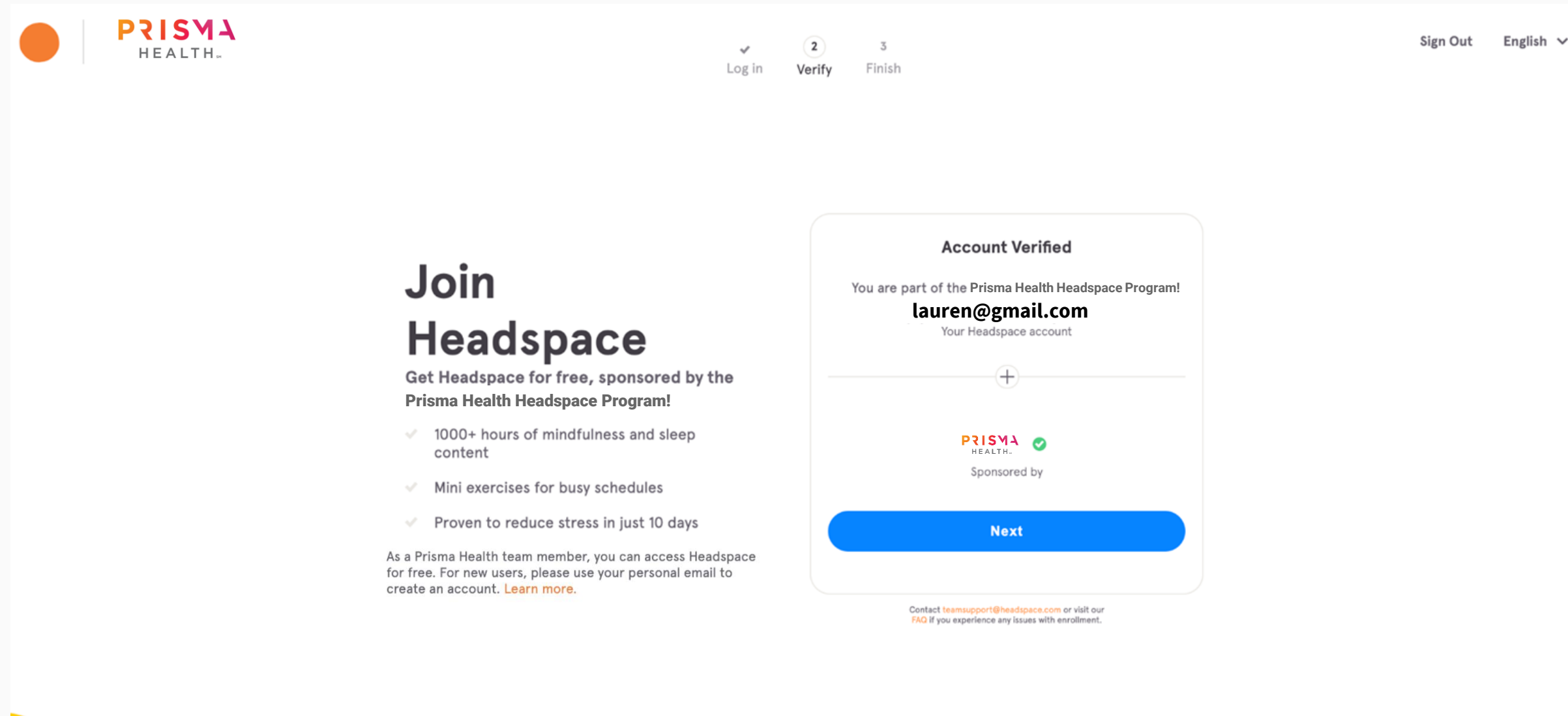


2

Verify

You will then be informed
that you are a part of the
Prisma Health Headspace
Program.

Click ‘Next’ to proceed.



3

Finish

If you had a personal Headspace membership purchased through Headspace, all future auto-payments through Headspace will be automatically suspended.



PRISMA
HEALTH

✓
Log in

✓
Verify

3
Finish

Sign out

English ▾

Join Headspace

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As a Prisma Health team member, you can access Headspace for free. For new users, please use your personal email to create an account. [Learn more.](#)

Autorenewal turned off

Prisma Health is now sponsoring your Headspace membership, so we turned off your autorenewal. You won't be charged again.

Next

Contact teamsupport@headspace.com if you experience any issues with enrollment.




3

Finish

If you had a personal Headspace membership purchased through a third party, you will need to manually cancel all future auto-payments.

Follow the prompts in the enrollment flow, or visit our Help Center:
help.headspace.com



PRISMA

HEALTH

✓ Log in

✓ Verify

3 Finish

Sign out

English ▾

3

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Turn off autorenewal

You're currently paying for Headspace through a third party, so make sure you turn off autorenewal to avoid another charge.

Instructions for:

Apple Store >

Google Play >

Spotify >

Next

Contact teamsupport@headspace.com if you experience any issues with enrollment.

3 Finish

You will be prompted to download the Headspace iOS or Android app.

If you just created your first Headspace account, login to the app with the credentials you input into Step 1.

If you had a personal account prior to joining Prisma Health's program, we recommend logging out of the app and logging back in with your existing credentials.

