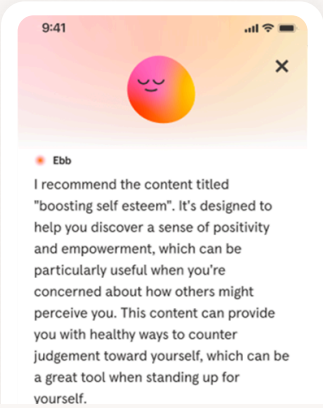
headspace

Happy minds, healthy workplaces with Headspace for Cigna Healthcare

Support better team resilience, embed more compassion into your organization, and gain insight into your population's health and well-being with Headspace for Cigna Healthcare®.

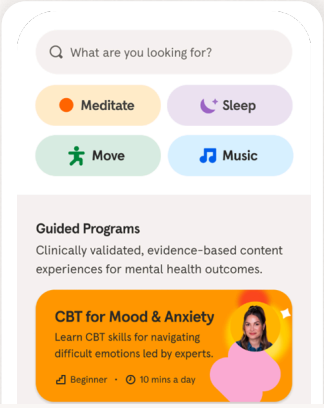
This unique partnership offers Cigna Healthcare members access to thousands of meditations, mindfulness exercises, clinically validated programs, sleepcasts, guided workouts, and focus music. Members can explore content on their own or receive personalized recommendations based on their needs.

In addition to a wide range of everyday support tools, members also have access to Ebb, Headspace's empathetic AI companion for reflection, emotional check-ins, and personalized guidance. Member can also seamlessly connect to other Cigna Healthcare benefits through myCigna, optimizing your benefits ecosystem and driving higher engagement.



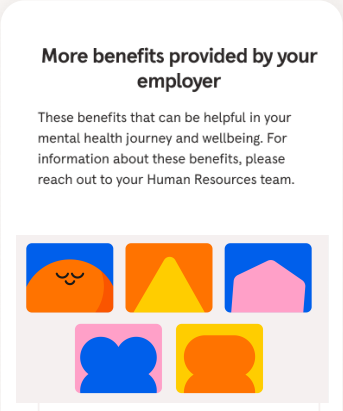
Ebb, Empathetic AI companion

Offers guided self-reflection and personalized recommendations.



Content & guided programs

Evidence-based programs for stress, burnout, sleep, anxiety helping your team build resilience.



Digital benefits navigation

Connects employees to other Cigna Healthcare-offered benefits.

Why organizations choose to offer Headspace Core

Ongoing, everyday support

Proactive, accessible tools help reduce stress, build resilience, and prevent escalation—offering measurable impact from day one.

Science-backed content to support every employee

On-demand science-backed content for stress, sleep, burnout, chronic condition support and skill-building tools to help employees thrive.

Proven tools that drive results

Evidence-based interventions promote lasting improvements in mental health outcomes. 30 days of Headspace decreased perceived stress by 32%[1].

Built to engage and retain

An intuitive experience, expert-led content, and AI-powered recommendations keep members coming back, day and night.

Proven to drive real outcomes

29%

reduction in depression after 8 weeks of Headspace use[2].

When employees get the support they need, they see better mental health outcomes.

73%

of employers say the Headspace brand drives adoption[3].

A recognizable and beloved front door to support drives engagement across your full population.

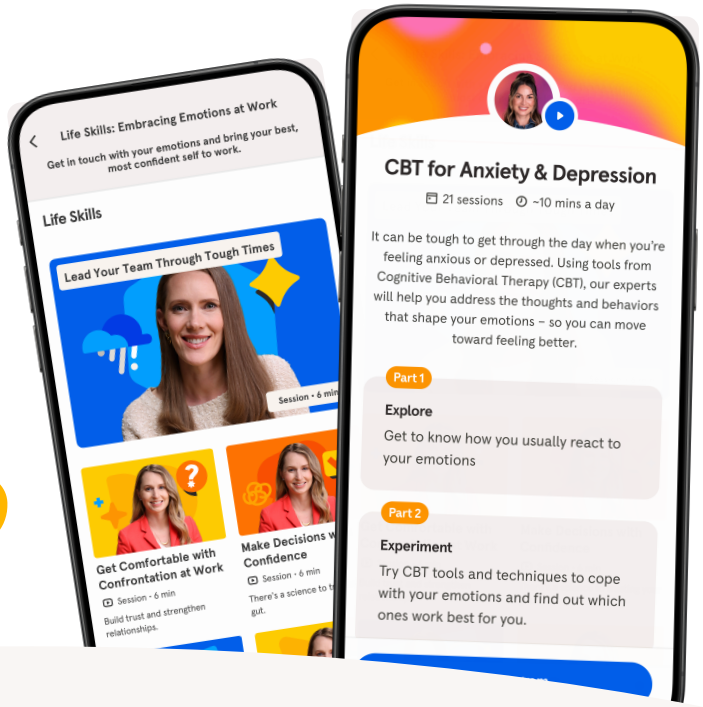
14%

increase in quality life among cancer patients after 8 weeks of Headspace use[4].

Whole-person mental healthcare supports both physical and mental health needs.

> I get these stories from employees about how Headspace changed their life. It really permeates every employee, no matter where they are.

Senior Manager, Benefits & Wellbeing
Global Toy and Family Entertainment Company



Trusted by 4,000+ organizations in 200+ countries and regions to reduce stigma and create healthier teams[5]

Engage your employees earlier, build everyday resilience, and get more from your benefits strategy.

Offer Headspace for Cigna Healthcare and support every employee**.** Not available for all products. For more information, reach out to your Cigna Healthcare representative.

1. PLOS One (Champion, 2018) 2. Journal of Occupational Health Psychology (Bostock, 2018) 3. Headspace Marketing Survey (April 2023) 4. PsychoOncology (Rosen, 2018) 5. Headspace book of business internal data (2025)

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