



Enrollment Guide

Joining Headspace for Personify Health Members

Updated September 18, 2024



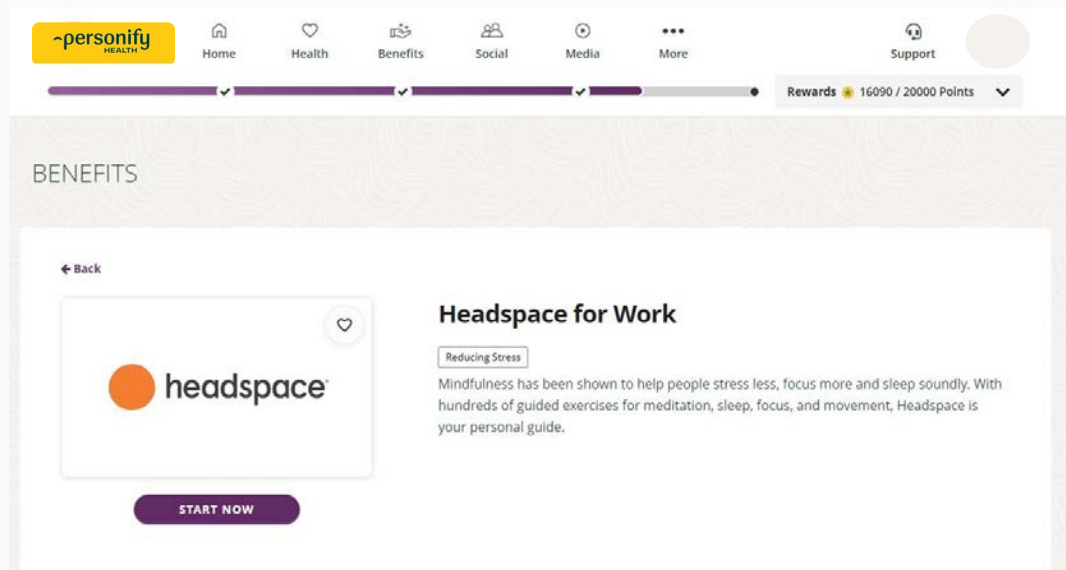
Ready to get some Headspace?

To activate your Headspace membership and Personify Health rewards, you'll need to start on Personify Health.

Sign into Personify Health and navigate to the Benefits Page to find the Headspace enrollment page.

Click the Start now button.

Member's Benefits Page

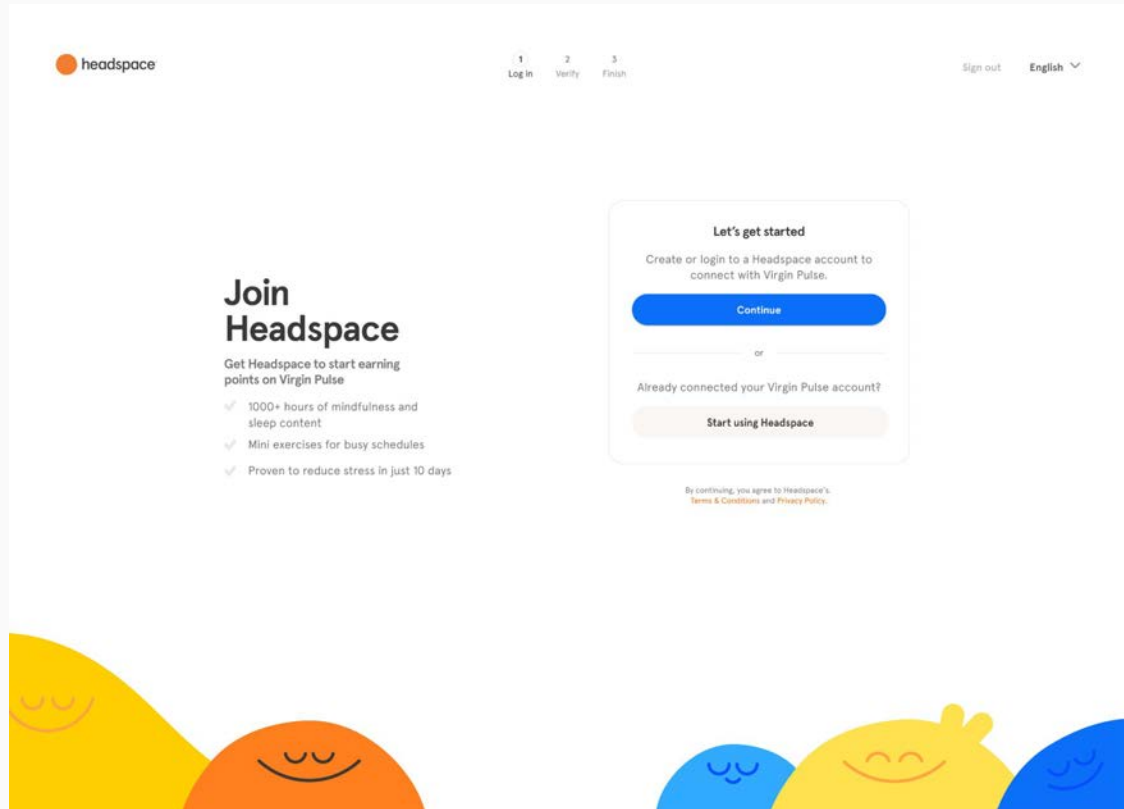


1

Log in

Create or login to an existing
Headspace account.

Click “Continue” to get
started.



The screenshot shows the Headspace login page. At the top left is the Headspace logo. At the top right, there are three steps: 1 Log in, 2 Verify, and 3 Finish. Further right are links for 'Sign out' and 'English'. The main heading is 'Join Headspace' with the subtext 'Get Headspace to start earning points on Virgin Pulse'. Below this is a list of benefits: 1000+ hours of mindfulness and sleep content, Mini exercises for busy schedules, and Proven to reduce stress in just 10 days. On the right, there is a 'Let's get started' box with a 'Continue' button and a 'Start using Headspace' button. At the bottom, there are colorful cartoon characters.

headspace

1 Log in 2 Verify 3 Finish

Sign out English

Join Headspace

Get Headspace to start earning points on Virgin Pulse

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

Let's get started

Create or login to a Headspace account to connect with Virgin Pulse.

Continue

or

Already connected your Virgin Pulse account?

Start using Headspace

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

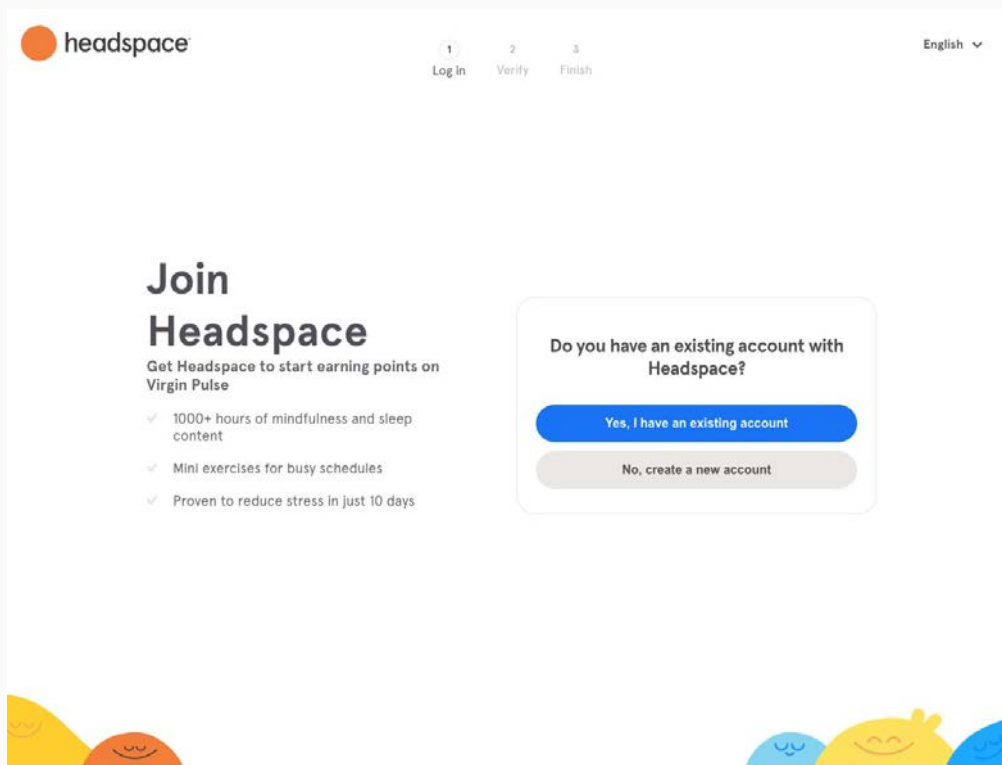
1

Log in

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

New Headspace users will answer “No, create a new account” and should follow the prompt to create an account.

Existing Headspace users will answer “Yes” and sign in with their existing Headspace account details.



1

Log in

Users with existing Headspace accounts should sign in with their existing Headspace account information.

If you created a Headspace account using an Apple, Facebook, Spotify or Google account, use those methods to log in.

headspace

1 Log in 2 Verify 3 Finish English

Join Headspace

Get Headspace to start earning points on Virgin Pulse

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

Log in

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

Email address*

Password (8+ characters)*

[Forgot password?](#)

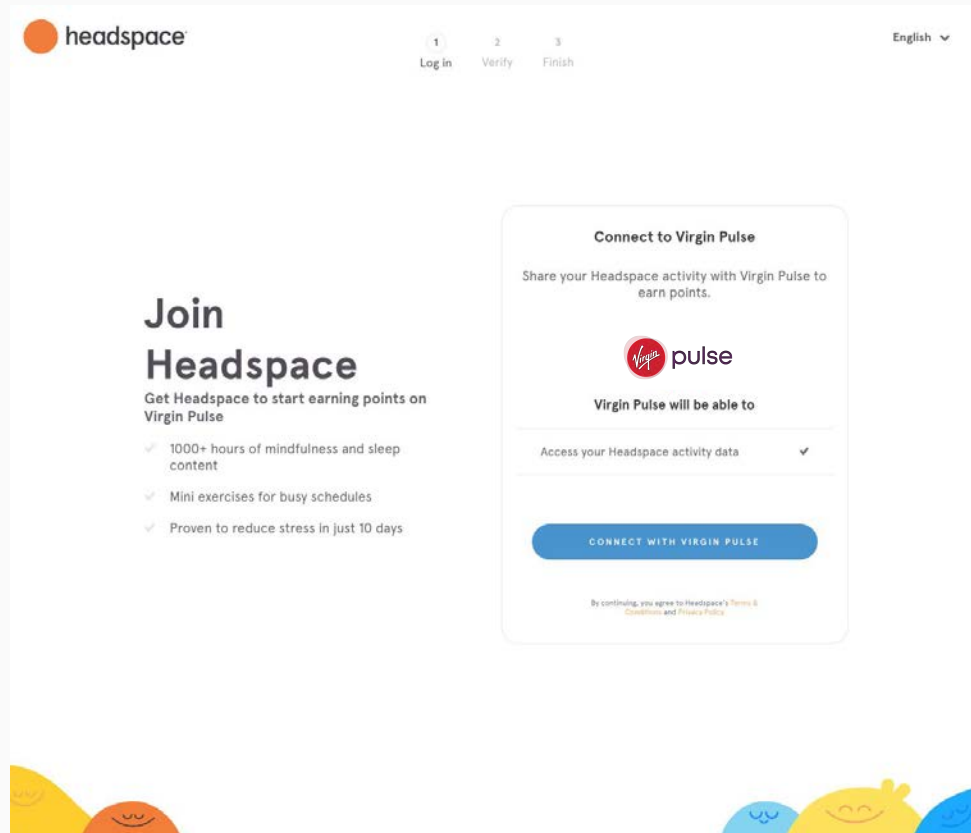
LOG IN

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

1

Log in

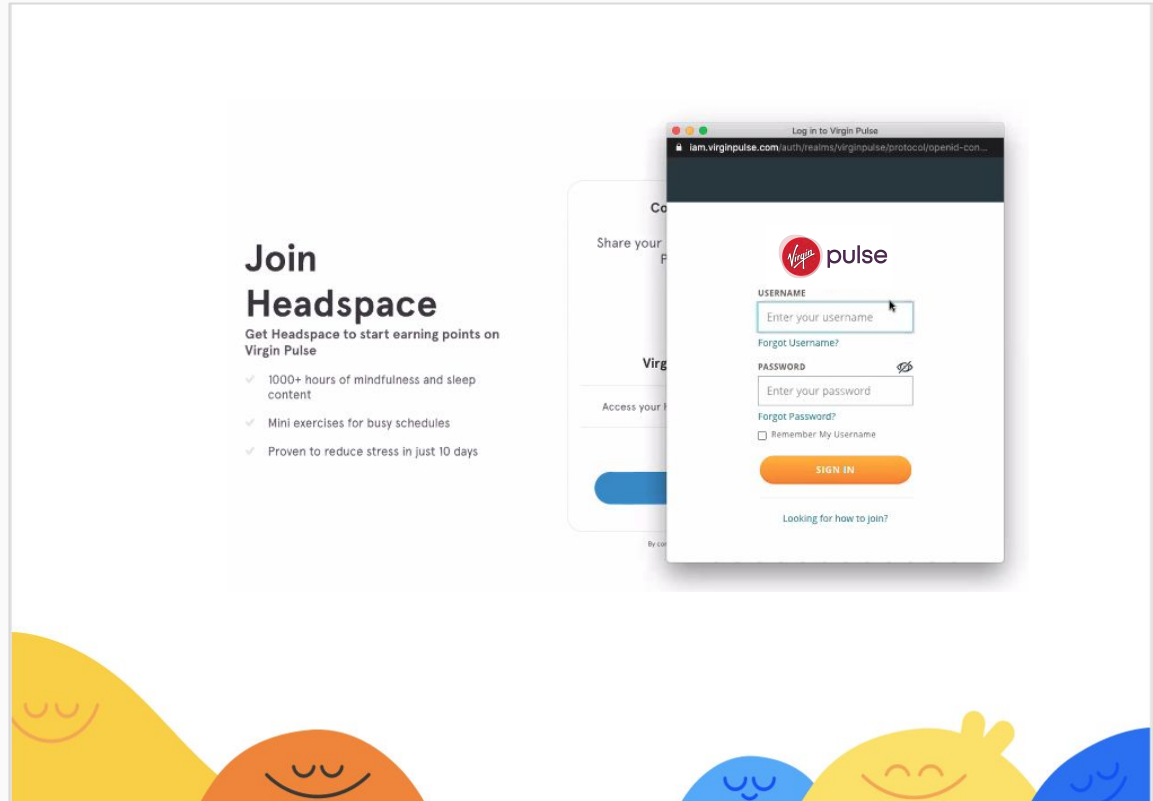
Click “Connect with Personify Health” to link your Personify Health and Headspace accounts and begin earning member rewards.



1

Log in

Use your Personify Health account login information to sign in to your Personify Health Account.



2

Verify

Verify your account with
your Last Name &
Employee ID.

Join Headspace

Get Headspace at no cost, from Virgin Pulse Test

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

✓
Log in

2
Verify

3
Finish

Verify your access

We need to verify your access to Virgin Pulse Test's Headspace plan.

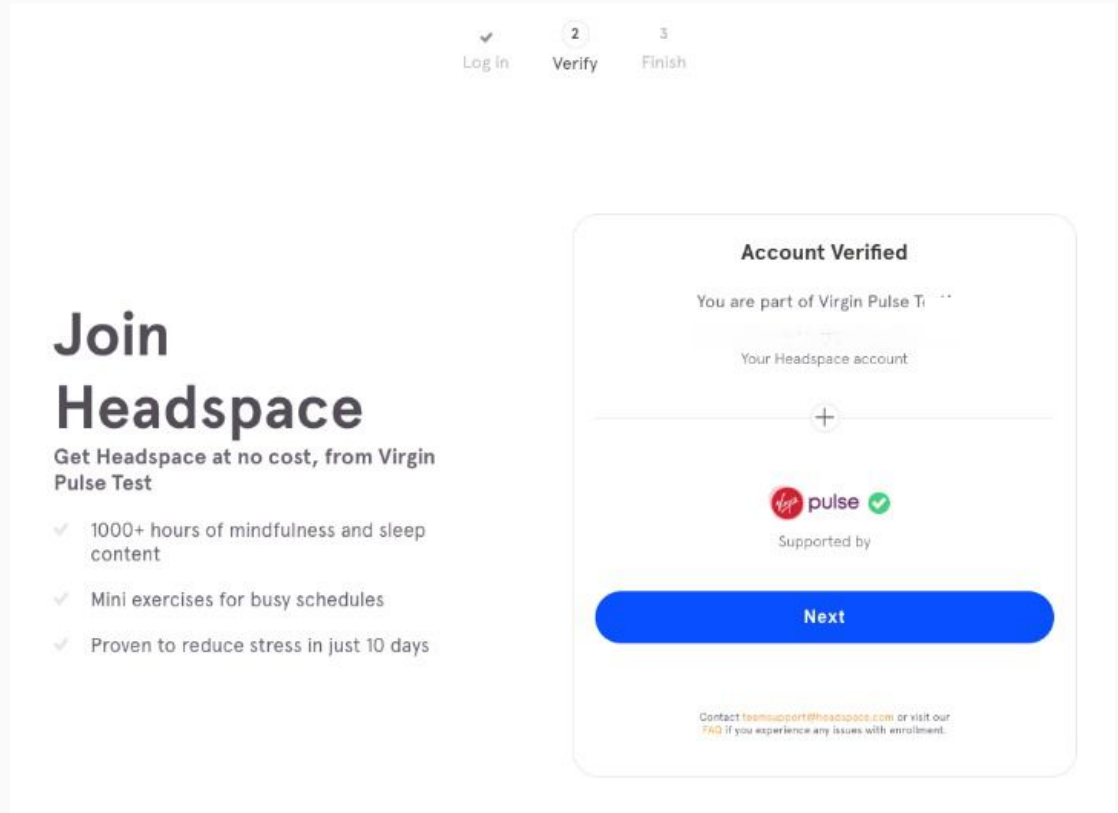
Verify

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

2
Verify

Account Verified

You'll see this message if your account is verified.



3

Finish

If you had an existing paid Headspace membership, future auto-payments through Headspace are automatically paused.

headspace

Log in Verify **3** Finish

Sign out English

Join Headspace

Get Headspace for free, sponsored by Wordmark.

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

This is where customer-specific copy goes and gives more information about the program. [Learn more.](#)

Autorenewal turned off

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

Next

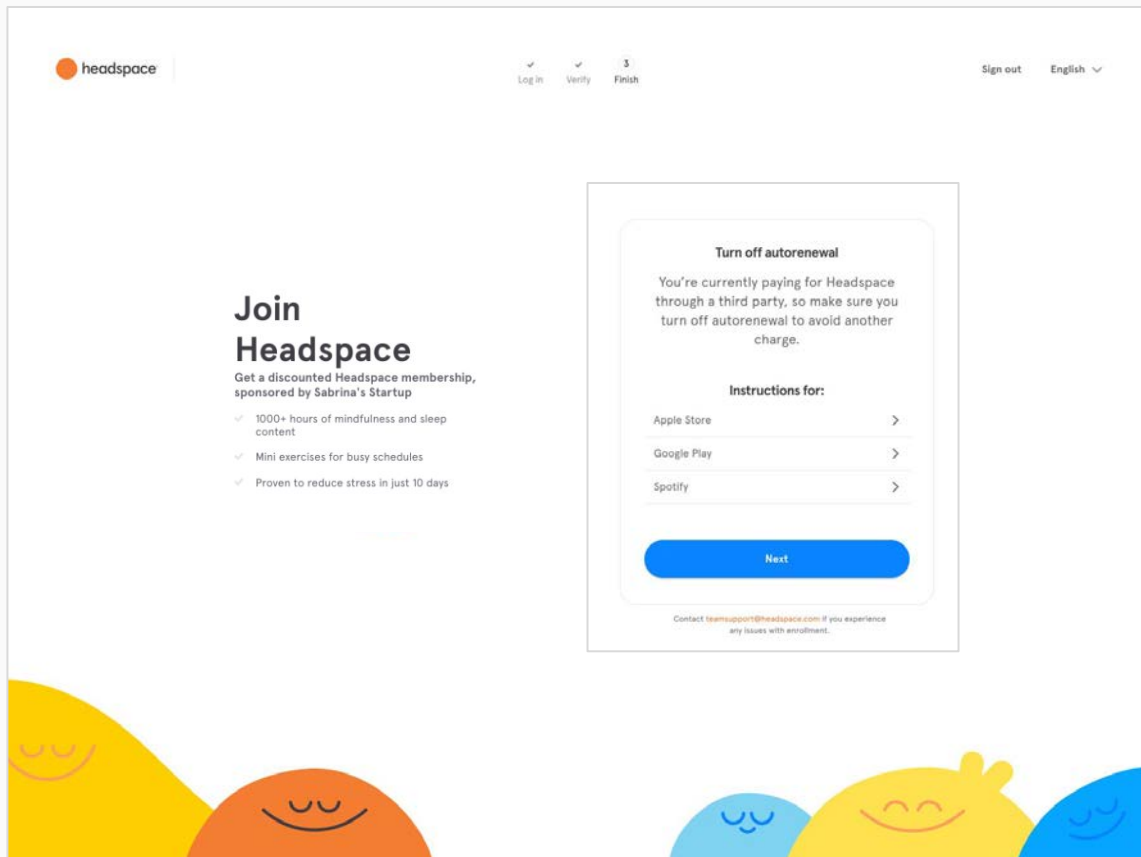
Contact teamsupport@headspace.com if you experience any issues with enrollment.

3

Finish

Future payments through a third party need to be manually paused.

See our Help Center for instructions.

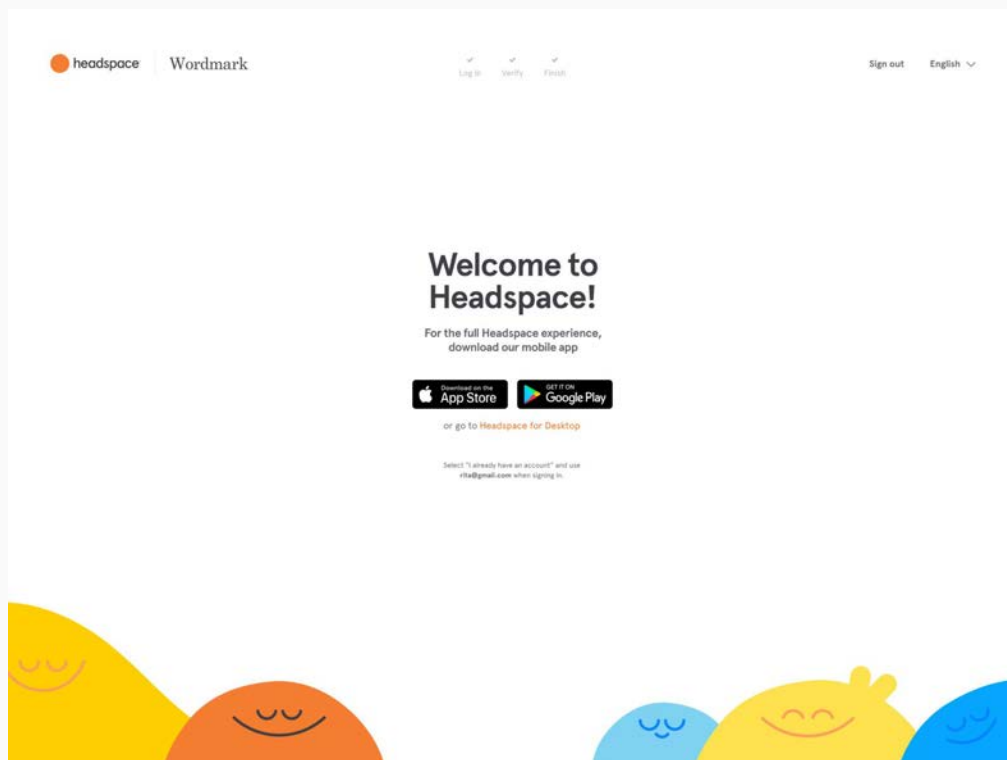


✓
Finish

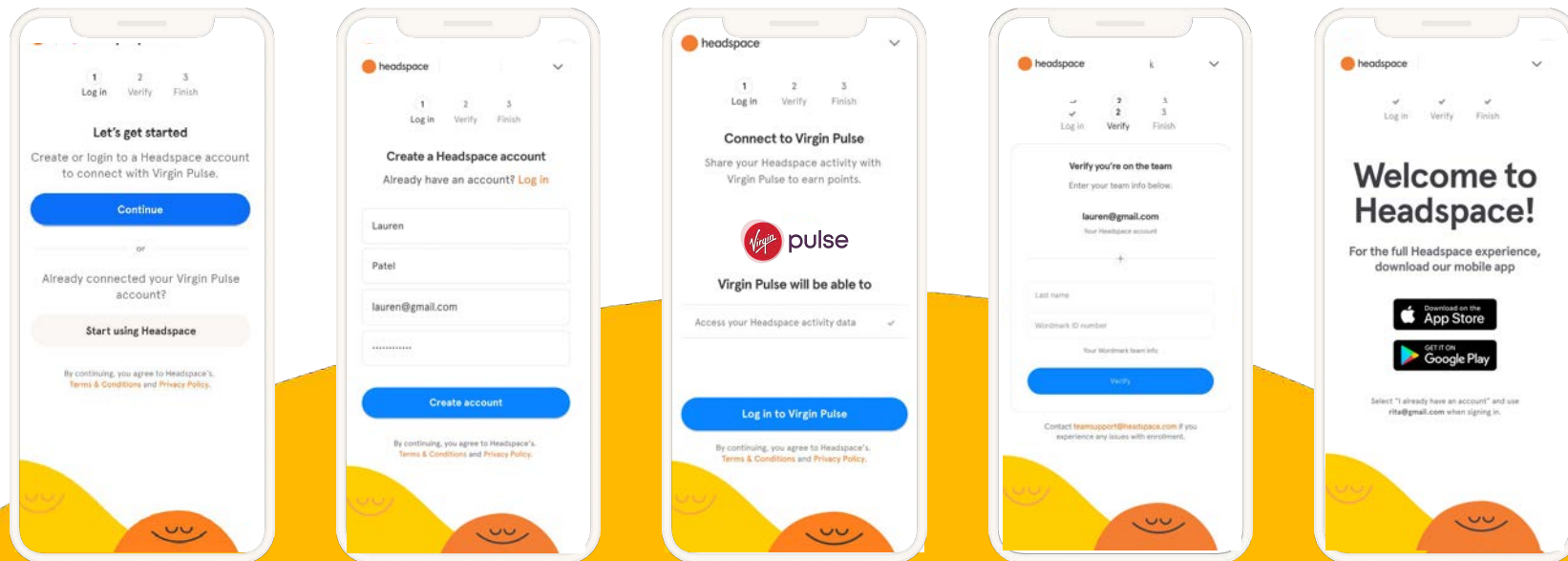
Joining success!

Members will be prompted to download the Headspace iOS or Android app, or continue to our web application.

To get the full headspace experience please download the Headspace app

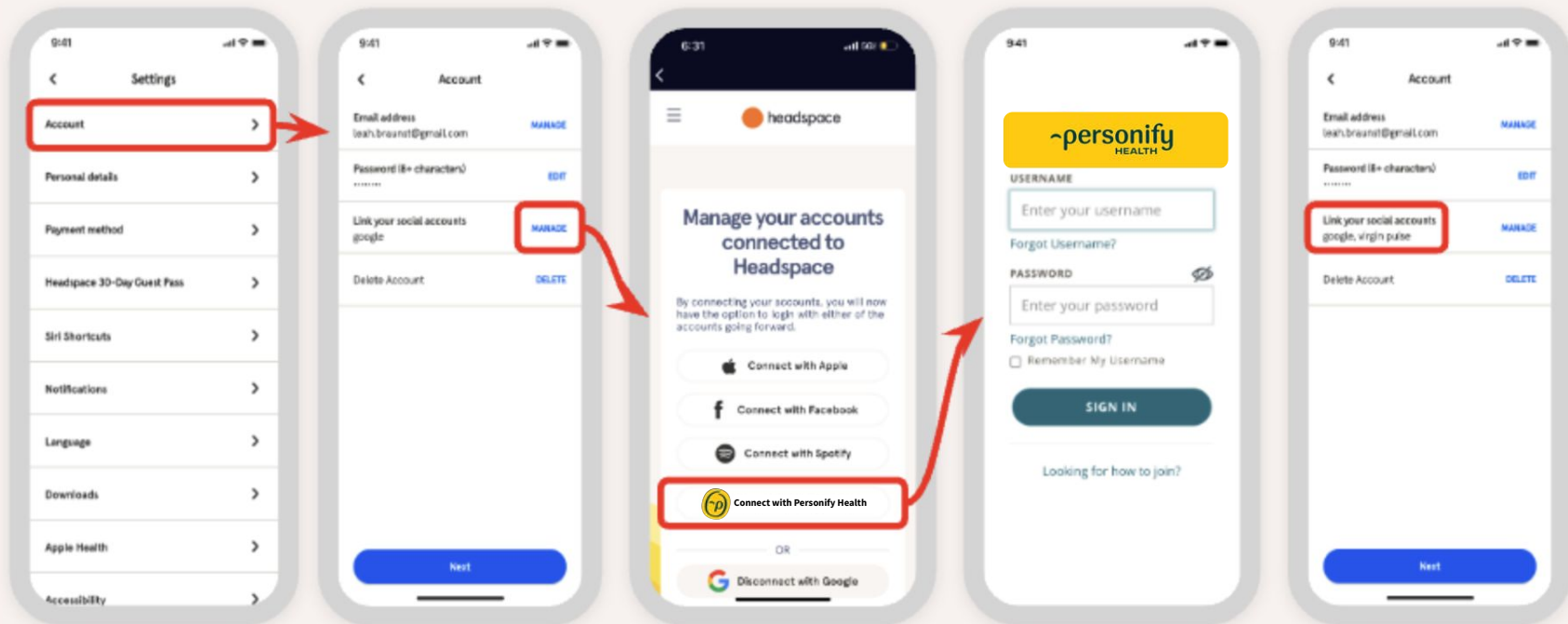


Mobile experience



How do I verify my Headspace account is linked to my Virgin Pulse account?

In Settings > Account, a member can view if their Virgin Pulse account is linked. If not, they can choose to Connect to Virgin Pulse & input their credentials right in the Headspace app.



Headspace Troubleshooting Guide for Personify Health Members

In this guide, you'll find helpful tips to common challenges during enrollment.

- How do I earn Personify Health rewards for my Headspace activity?
- How do I verify my Headspace account is linked to my Personify Health account?
- Can I use “Connect with SSO” to login to Headspace?
- How do I do complete a Headspace Progress Check in?
- I'm logged into Headspace and it's asking me to “Start my free trial”.
- I see a spinning wheel or frozen screen during enrollment, what should I do?

Still have questions?

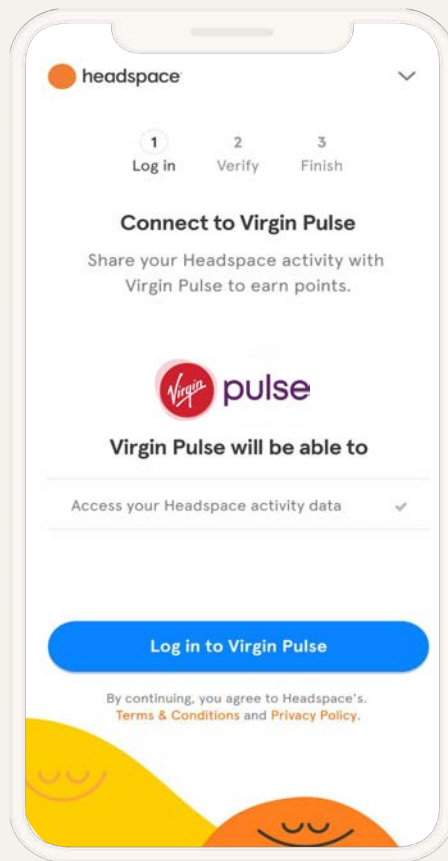
Visit help.headspace.com or email us at teamsupport@headspace.com.

How do I earn Personify Health rewards for Headspace activity?

Follow the step-by-step instructions found at the beginning of this guide.

It's a several step process, first you'll login to Headspace or create an account, then you'll be prompted to connect your Personify Health account to your Headspace account, and finally verify your eligibility.

If you're unsure if your accounts are connected, see the next page for instructions.



Member rewards opportunities that may be available include*:

- 200 points 1x lifetime for connecting accounts
- 20 points 1x daily for playing an HS session
- 100 points 1x monthly for completing the 'my progress' stress check in

* Available points determined by employer

How do I verify my Headspace account is linked to my Personify Health account?

Step 1

Log into your Headspace account on your mobile device or on desktop at my.headspace.com

Step 2

Navigate to your profile and then click on “Manage” next to “Link social and email accounts”.

On mobile, tap on the gear icon in the top left and then click on “Accounts & Subscriptions” to access this screen.

First name	Luke	Edit
Last name	Skywalker	Edit
Email address	l.skywalker@gmail.com	Edit
Password	*****	Change
Subscription details	Active	Manage
Link social and email accounts	User-Password-Headspace	Manage
Language	English	Edit
Audio Description	Audio description is audio-narrated descriptions of a video's key visual elements.	<input type="checkbox"/>

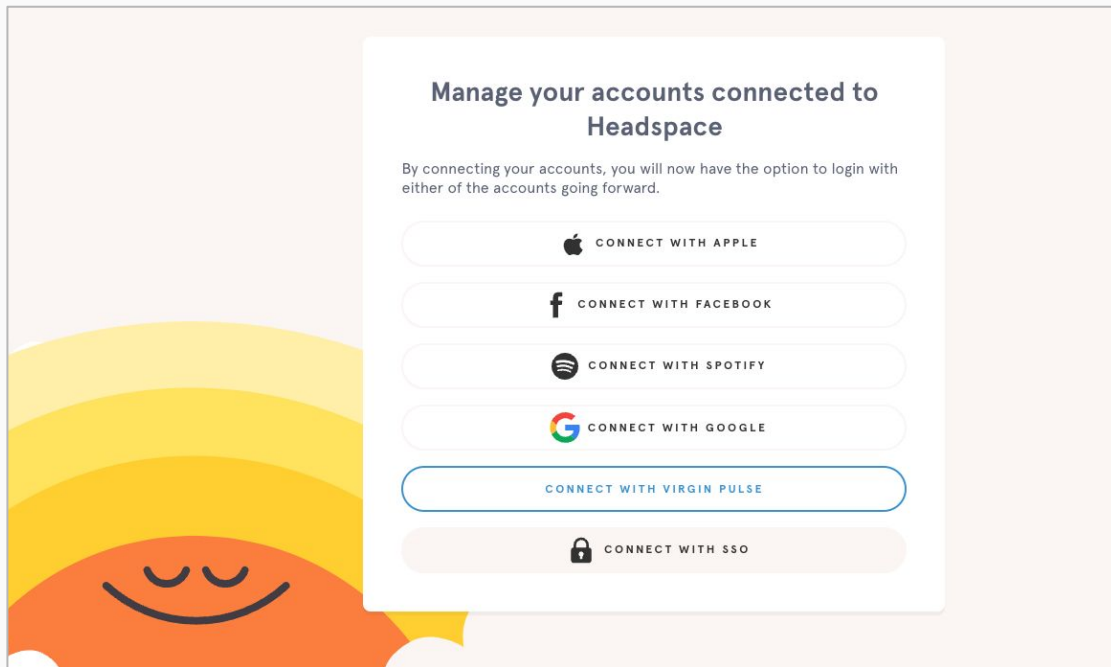
How do I verify my Headspace account is linked to my Personify Health account?

Step 3

Choose “Connect with Personify Health” to link your accounts.

“Connect with SSO” is not supported for Personify Health accounts.

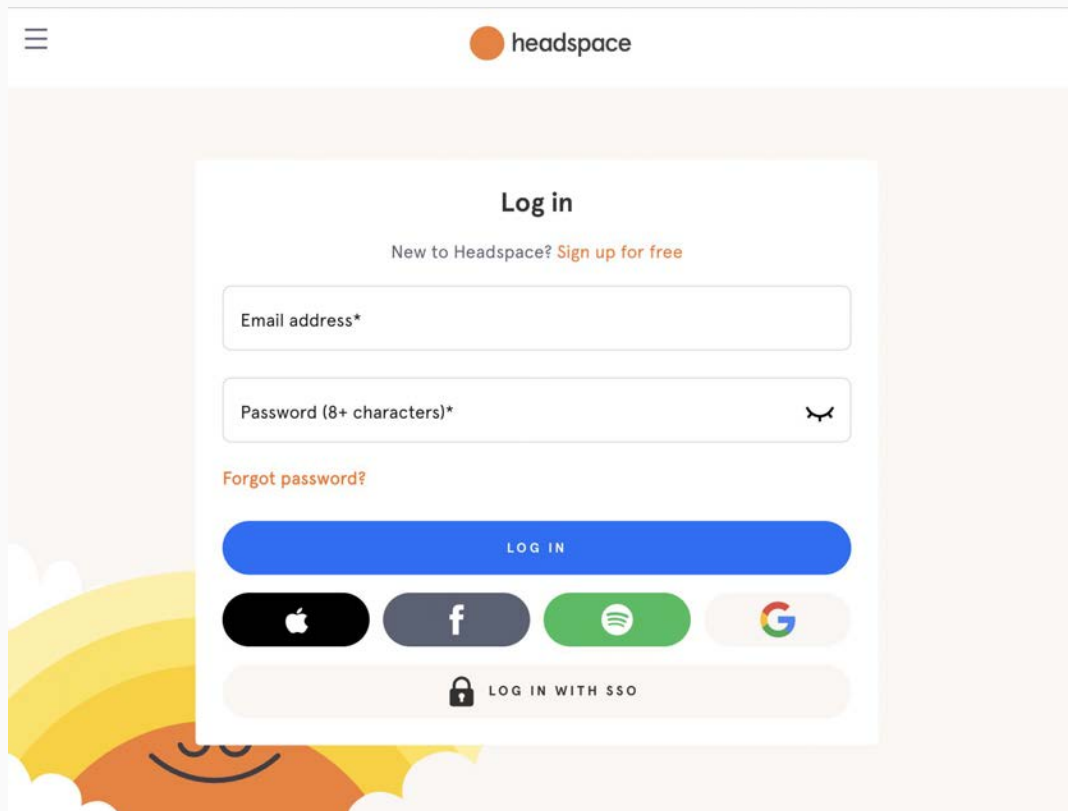
If already connected, you have the option to disconnect your accounts by visiting this page, anytime.



Can I use SSO to log in to Headspace?

No, we do not support the SSO login option for Personify Health members.

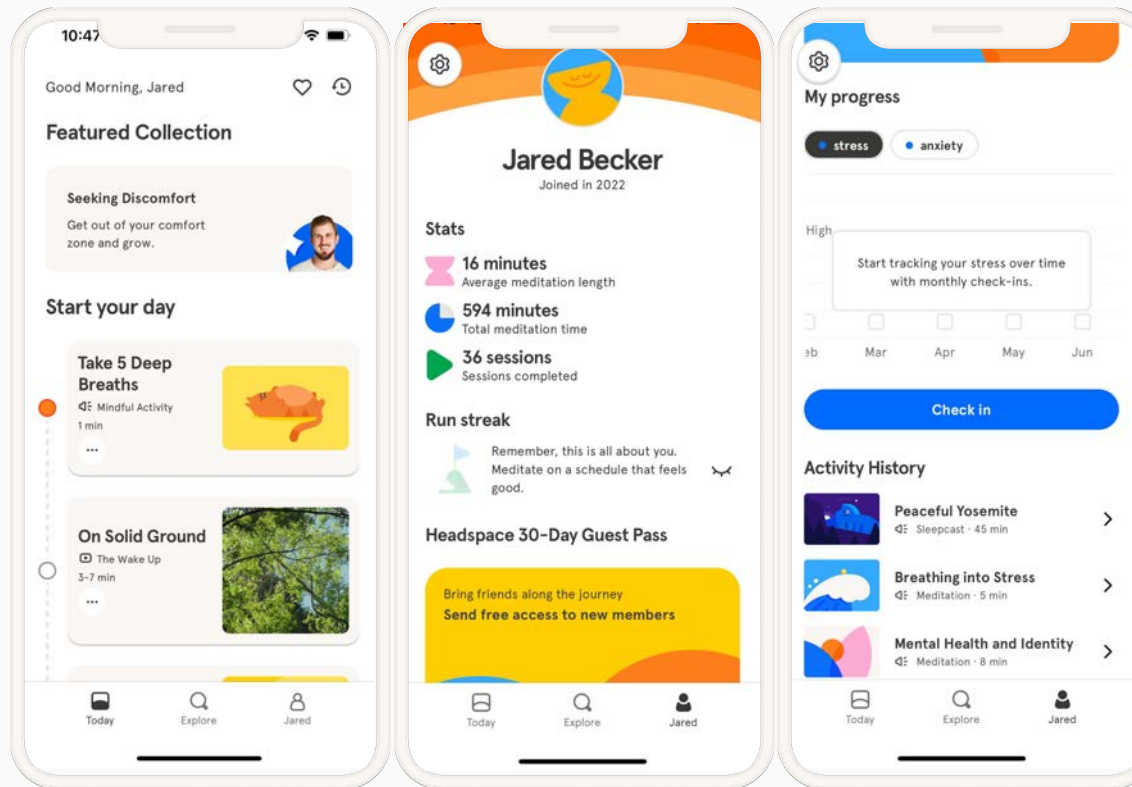
Please use the email or social account you signed up with to login to Headspace.



How do I complete a Headspace check in?

Open your Headspace app and tap on your Profile icon in the bottom right.

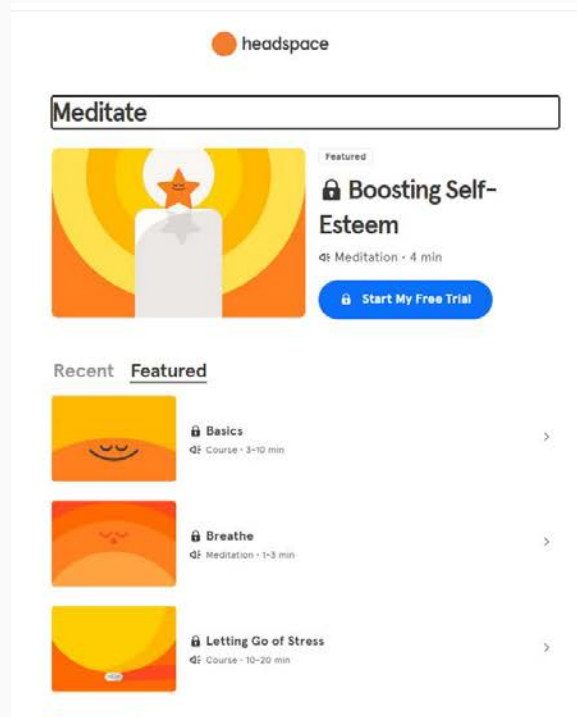
Scroll down to My Progress and tap on the blue “Check In” button.



I'm logged into Headspace and it's asking me to "Start my free trial".

You have not yet activated your Headspace membership via Personify Health.

See the beginning of this guide to activate your Headspace account and unlock all of Headspace's premium content.



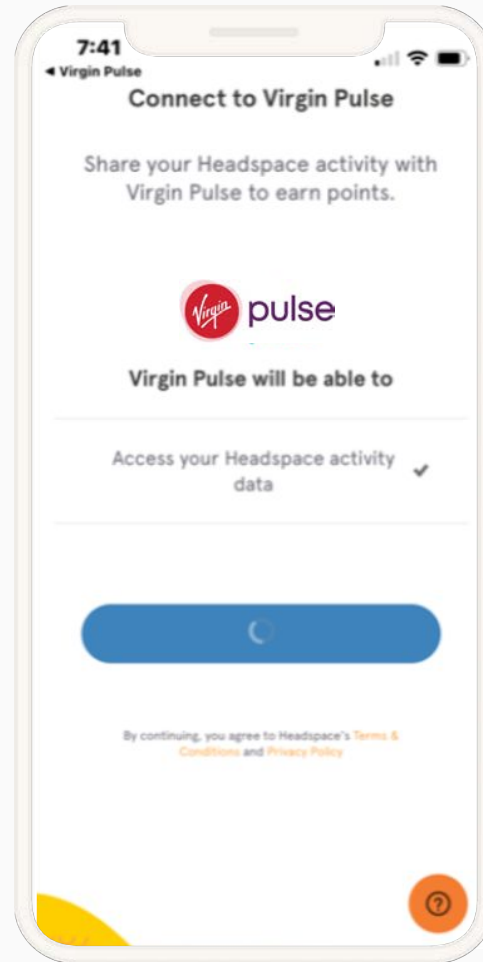
I see a spinning wheel or frozen screen during enrollment, what should I do?

Here are a few general tips to try:

- Ensure cookies and popups are enabled in your browser
- Close and reopen your browser or Headspace app
- Try another web browser

Need personal support?

Visit help.headspace.com or email us at teamsupport@headspace.com.



Thank you

