

An Introduction to Headspace

Mental health for everyone

Meditation, coaching, and clinical care —
all on one platform.

What is Headspace & why do we need it?



Mental health care for every moment



MENTAL WELL-BEING

MENTAL HEALTHCARE

Evidence-based content library

Hundreds of self-guided meditations, courses, sleepcasts, guided workouts, Focus music, expert guidance and more for everyday well-being.

Coaching

Unlimited, on-demand text-based access to trained coaches for help managing stress, staying on track between clinical appointments, and long-term support after clinical care.

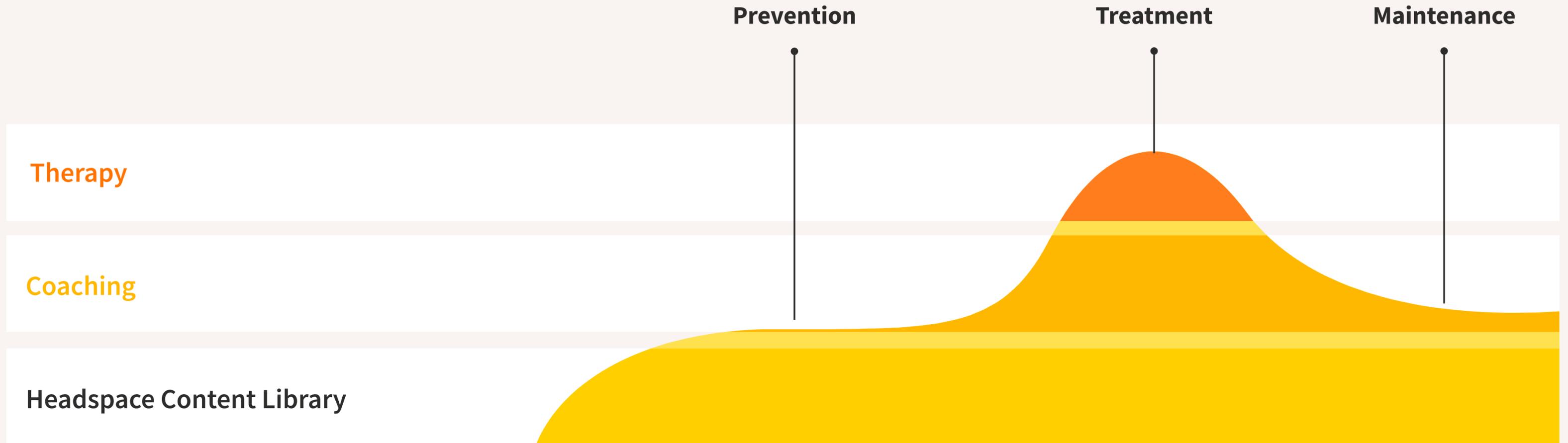
Therapy

Virtual access to licensed therapists across a range of clinical specialties, with training in evidence-based approaches.

*Psychiatry is US only and billed to member's health plan

Mental health is continuous – so is our approach

Our stepped care system – enhanced by technology
– delivering appropriate levels of **ongoing care**.

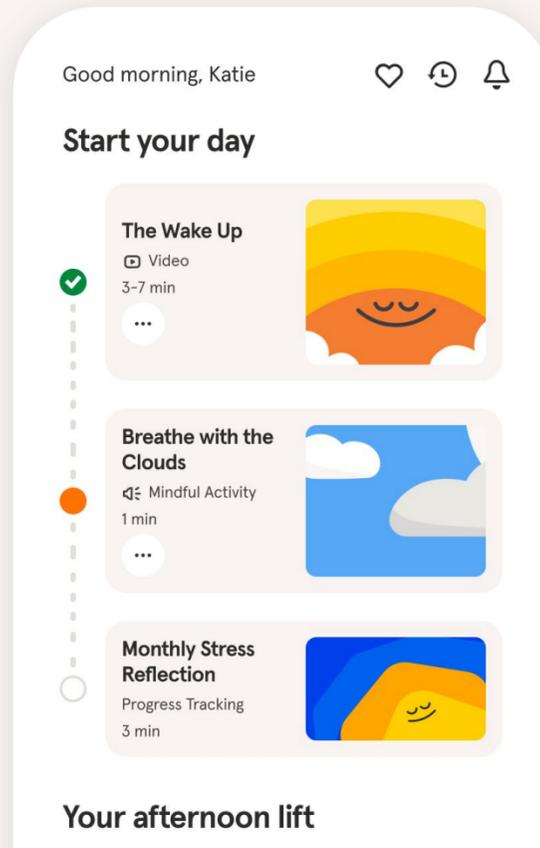


Let's explore the Headspace content library



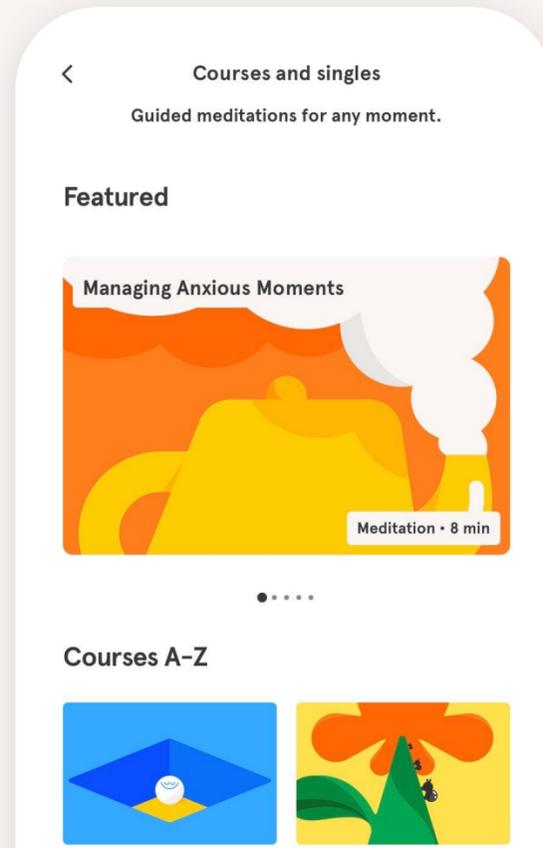
Headspace is everyday support for your mind

Skill building resources. Anytime, anywhere.



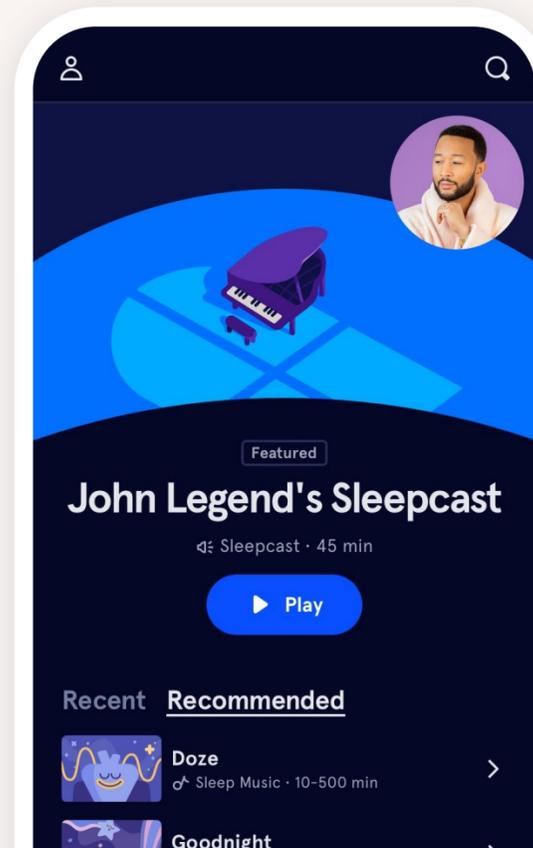
Recommendations

Personalized, daily content recommendations to encourage healthy habit formation



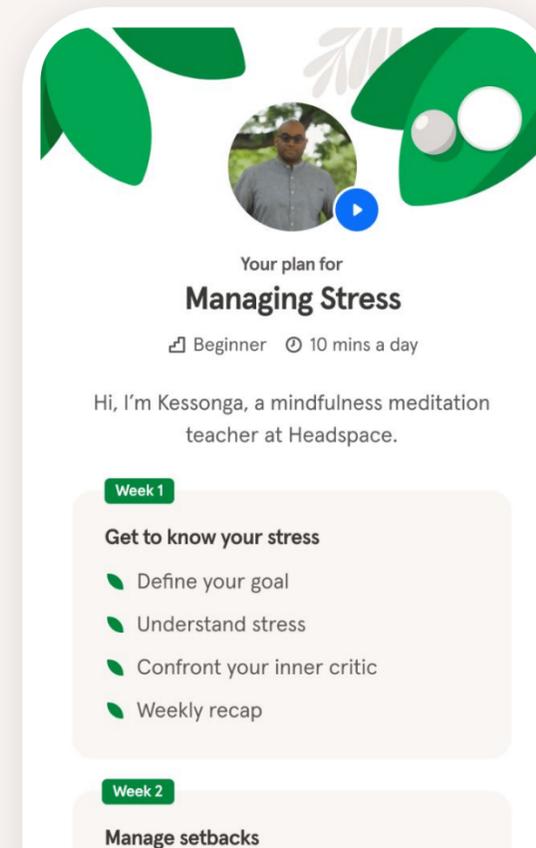
Meditations

Deep library of courses and singles, including content for families, plus live meditations



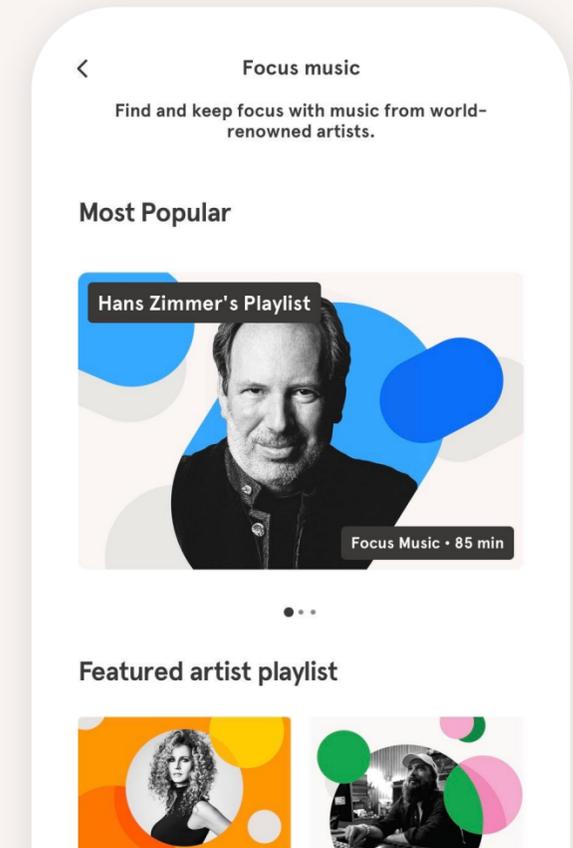
Sleep

Sleepcasts and sleep music, wind downs, help falling back asleep



Guided Program

Evidence-based guided programs on topics such as sleep, stress, focus, and more



Focus

Curated music and meditations to increase productivity and boost performance

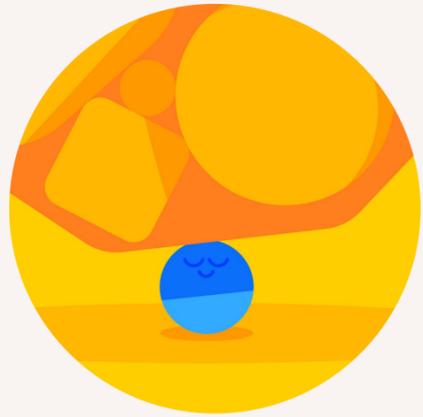
What is mindfulness?

Mindfulness is our ability to be present and free from distraction, fully engaged with whatever task, project, conversation is in front of us, with an open, curious and kind mind.



What is meditation?

Meditation is the training ground for mindfulness. It's a practice to cultivate awareness and compassion, leading to a calmer, clearer, quieter mind.



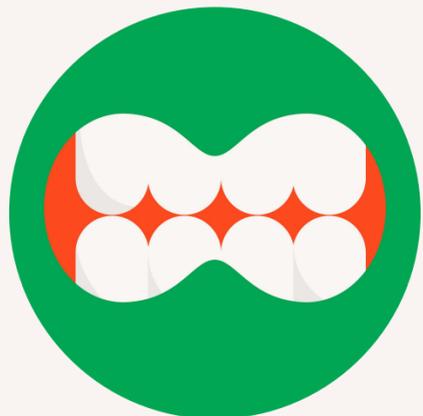
32%

decrease in **stress** after
30 days of Headspace



14%

increase in **focus** after
4 weeks of Headspace



57%

decrease in **aggression**
shown after 3 weeks of
Headspace



21%

increase in **compassion**
after 3 weeks of Headspace

What is mental health coaching?



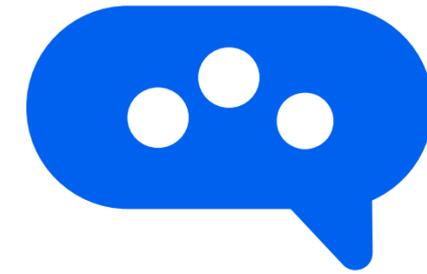
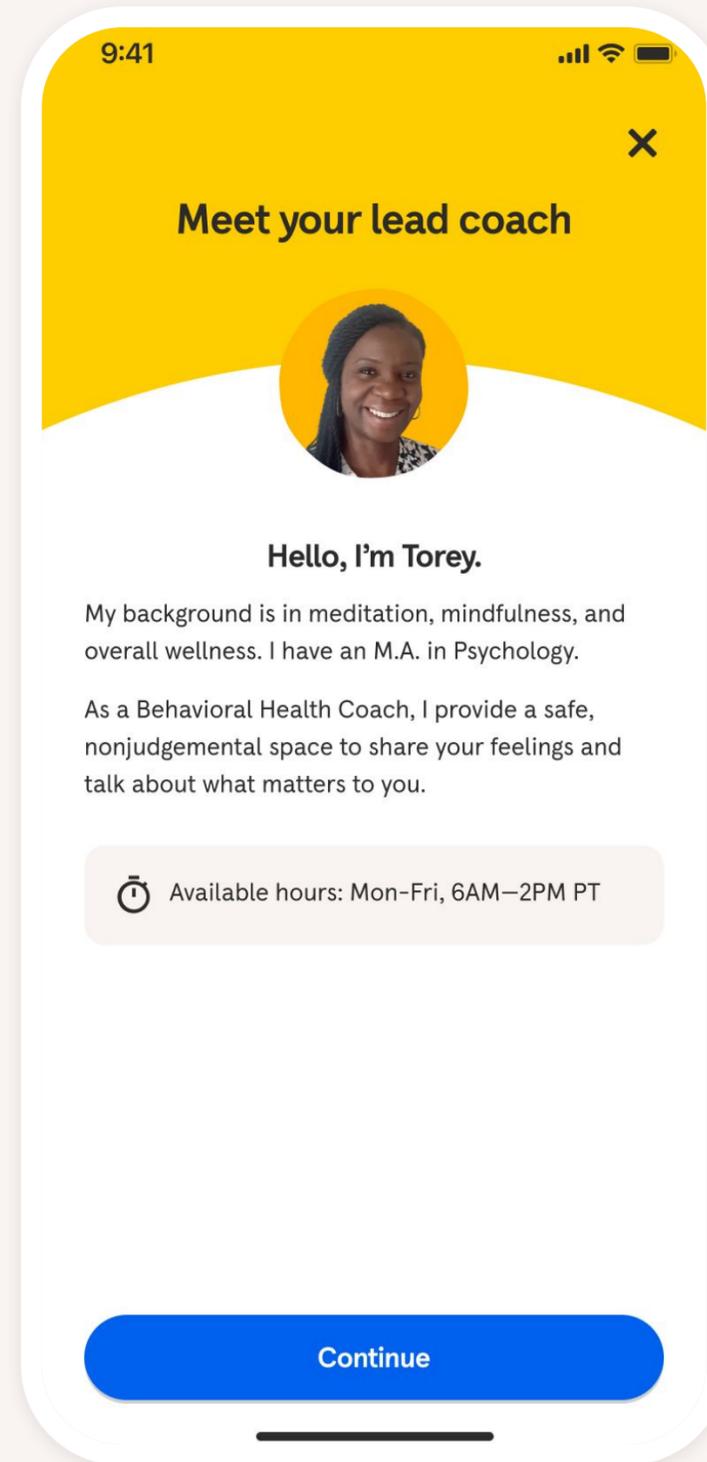
Unlimited access to mental health coaches

Drop-in mental health coaches are available for in-the-moment support in 2 minutes or less.

Plus, you can schedule a chat with their lead coach for more personalized support.

Coaches can help members:

- Uncover sources of stress
- Set and achieve goals
- Navigate and use their benefits
- Access and engage in higher levels of care



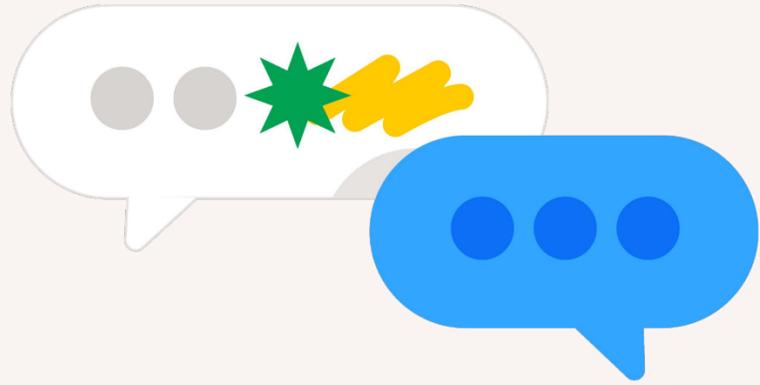
Text-based chat

2 mins

Avg. time to connect with a 24/7 mental health coach

Coaches guide members through sustainable behavior change to drive lasting outcomes





Is chatting with a coach free and unlimited?



Yes, you get unlimited coaching services at no cost to you and your dependents

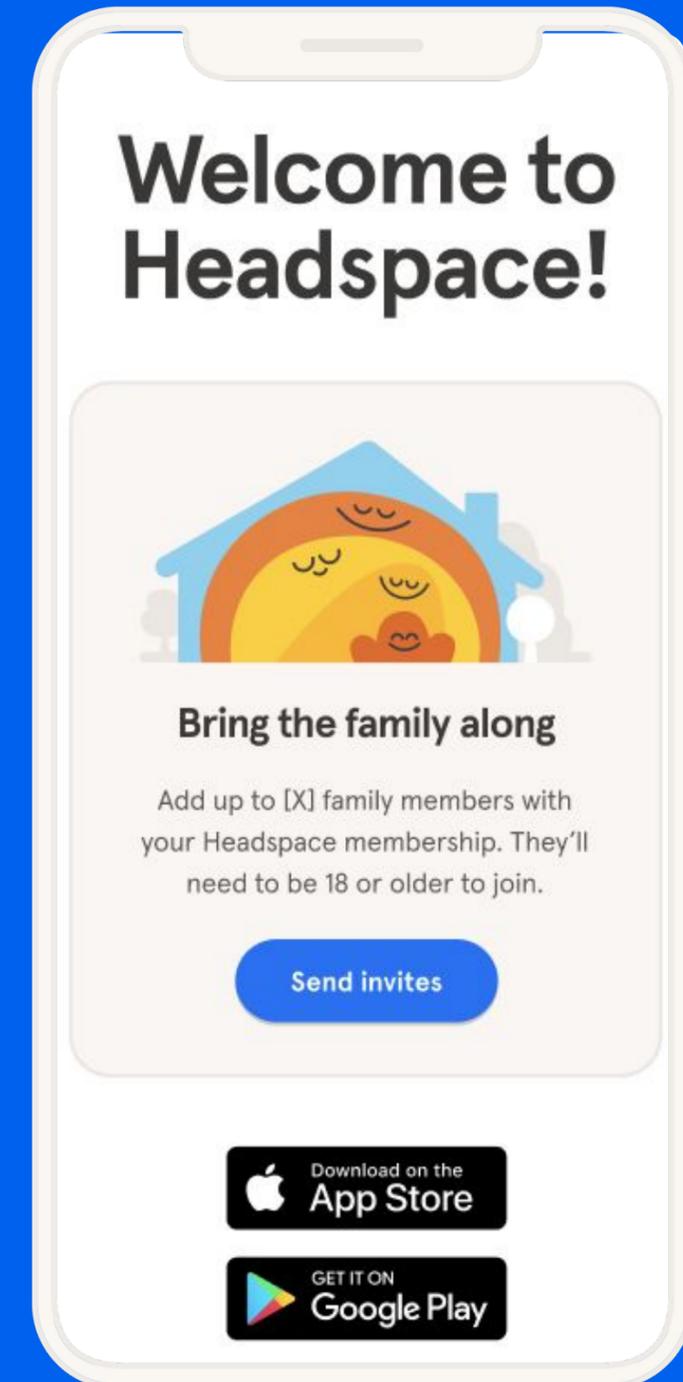
In the US, teen dependents (age 13-17) must be referred by parents/guardian. Invites can go to any adult (age 18+), like a spouse, family member, or loved one!

Mental health is better together

You can invite **up to five (5) loved ones** to get **FREE access to the Headspace app!**

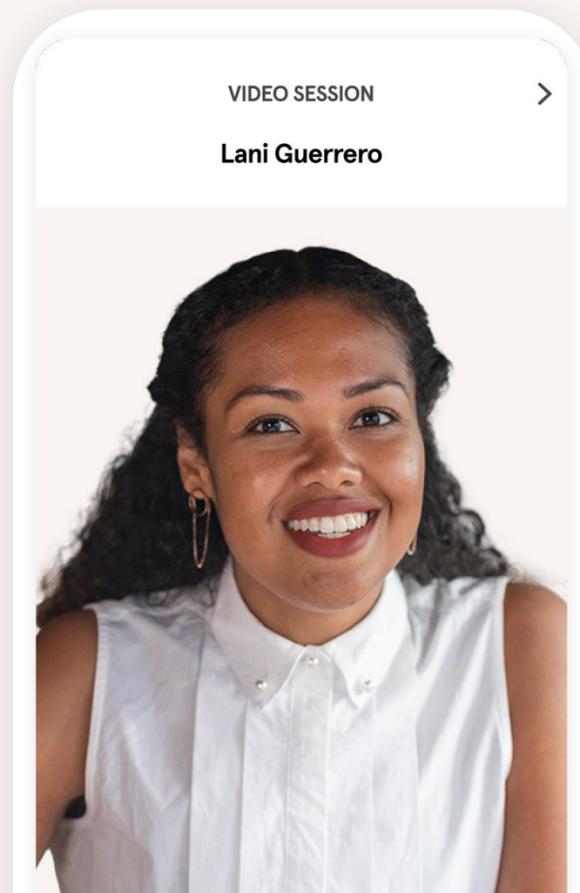
After you enroll:

In the app, click on **“Profile (your name)”** > **“Send Invite”** or **“Dependent”** > **Enter your loved ones’ email**



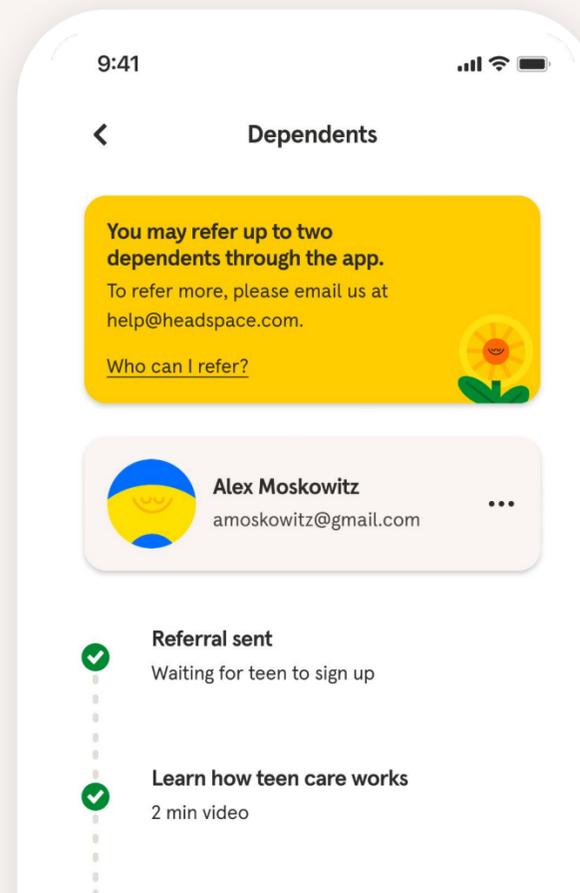
Integrated support for parents, dependent teens and children.

Parents, who already have access to Headspace for their own mental health will get additional resources to best support their teen.



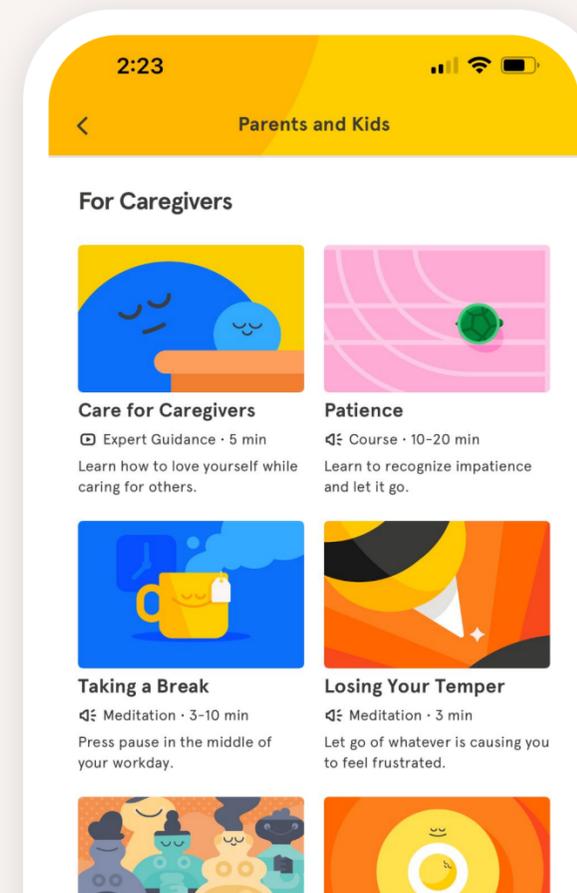
Enhanced Care

Support from their own care team to understand how to best complement their teen's care.



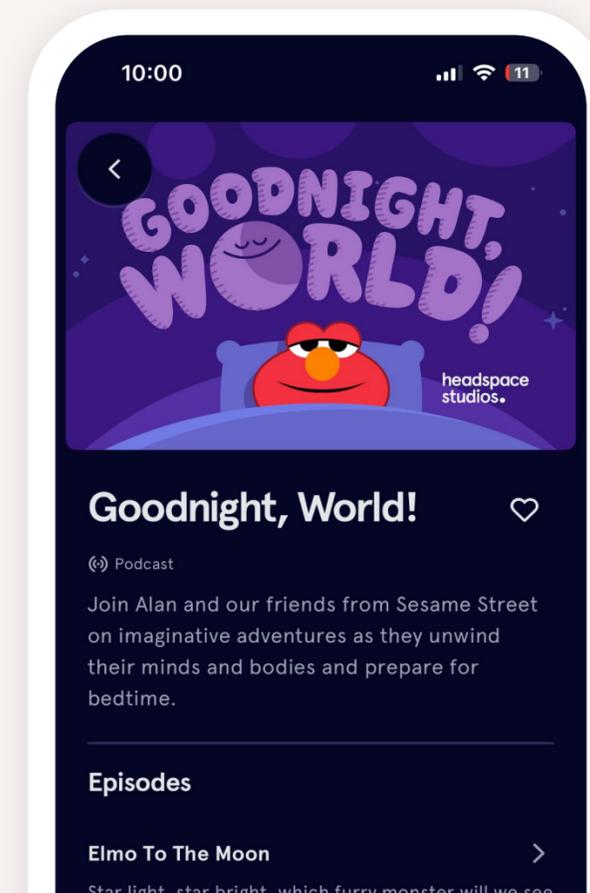
Inviting Teens

Invite your household members including teens to participate in the Headspace app experience including clinical care if appropriate.



Parenting Content

Clinically-validated exercises to foster healthy parent-teen relationships.



Kids Content

Engaging and evidence-based exercises for kids.

What is therapy?

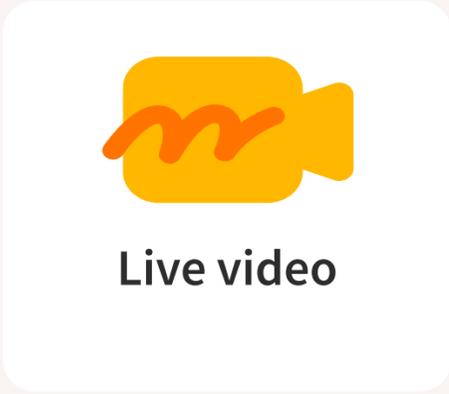
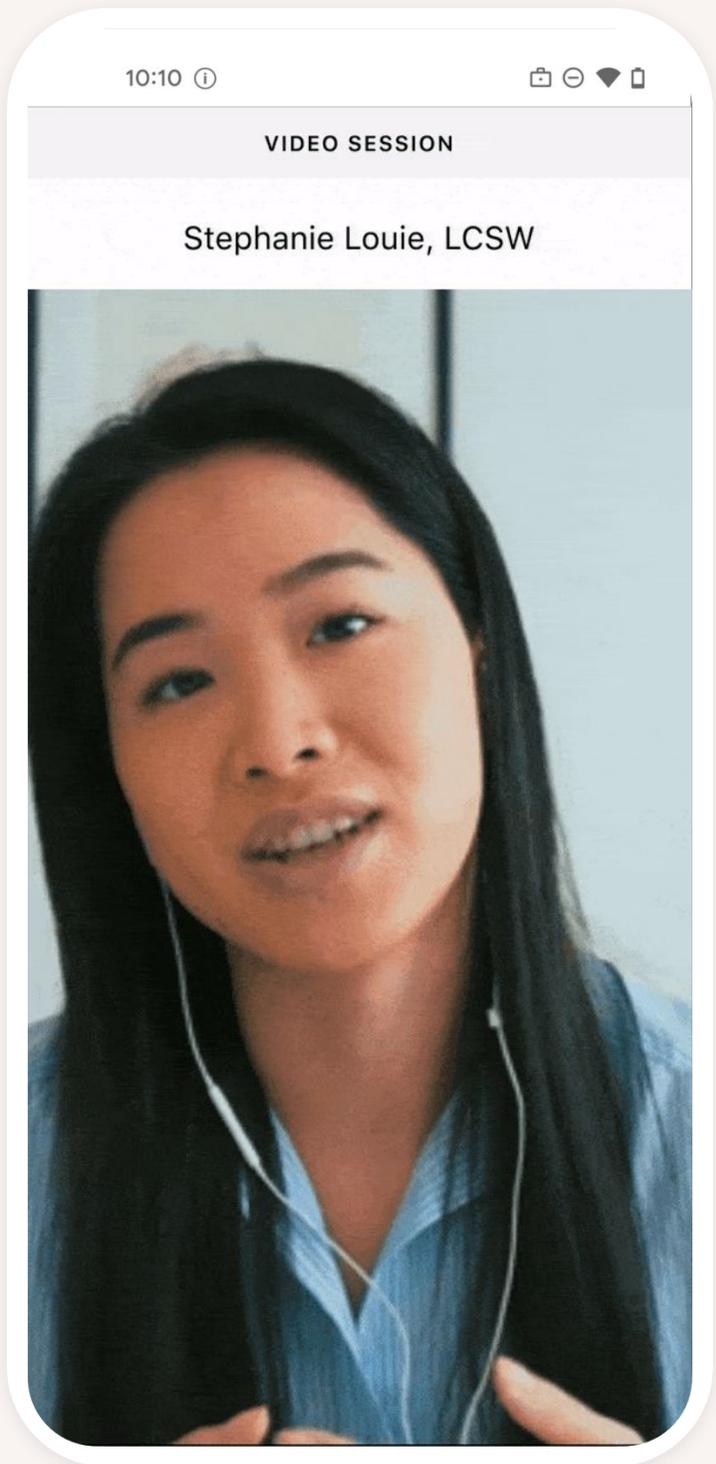


Fast access to high-quality therapy

Our licensed therapists are trained in evidence based treatments across a wide range of specialties.

Therapists work within our care team to:

- Help members manage stress, anxiety, and depression
- Provide support for members experiencing grief or trauma
- Identify a need to increase care



~2 days
Avg. time to first available **virtual** therapy appointment

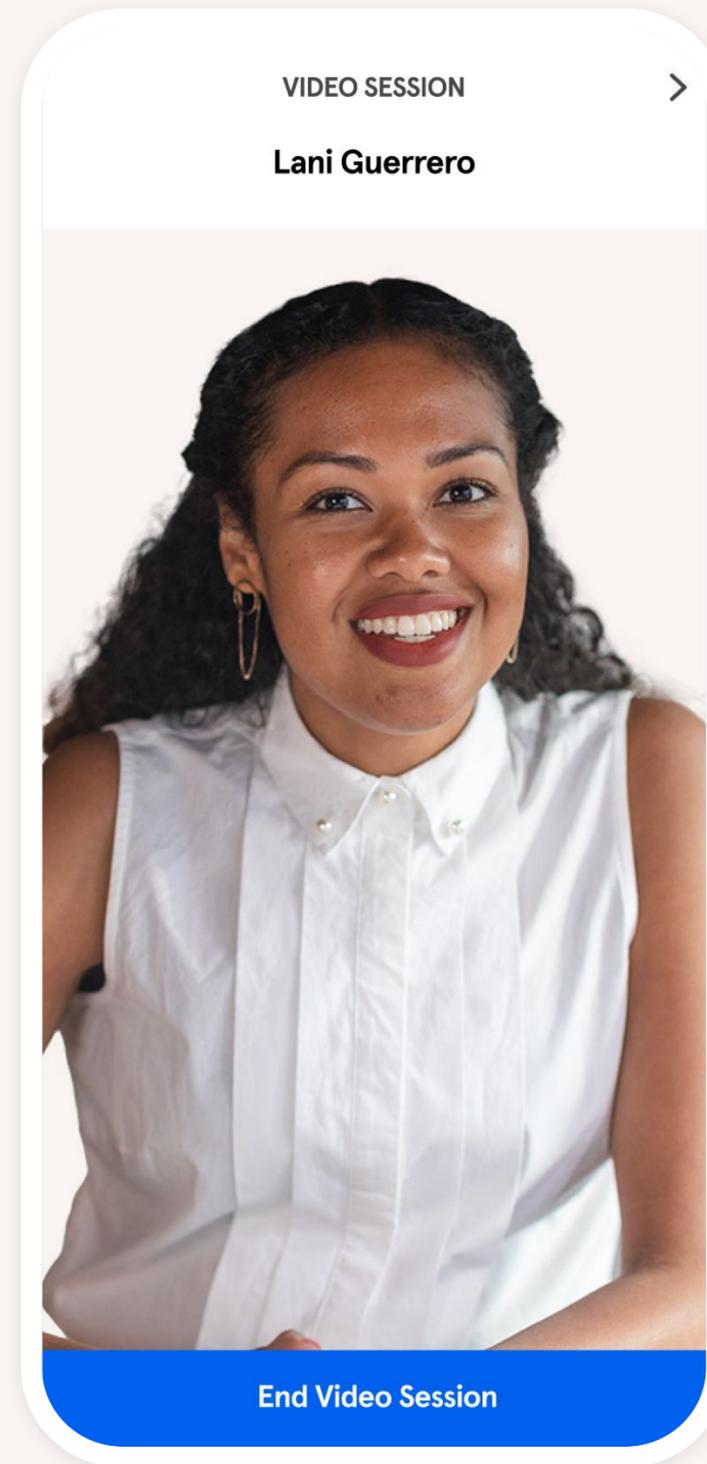
~5 days
Avg. time to first available **in-person** therapy appointment

Accessible psychiatry services support

Our psychiatrists are experienced medical doctors who can prescribe and manage medications.

Psychiatrists work within the care team to:

- Provide diagnostic assessments
- Develop comprehensive care plans
- Help members manage medications, monitor their progress, and make adjustments
- Collaborate with external providers



Live video

4.9/5

(US Only)

Avg. star rating for psychiatrists on Headspace

Real, validated mental health outcomes

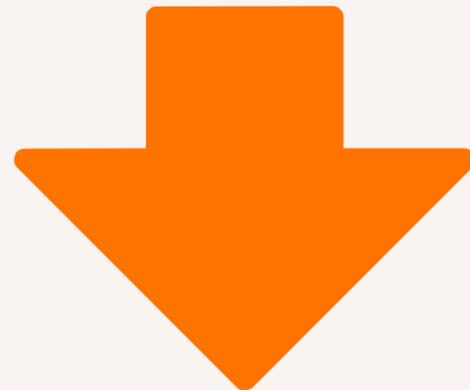
81%

of members experienced improvement in anxiety symptoms



83%

experienced improvement in depression symptoms



After 6-16 weeks





Are therapy sessions free?



YES (within limits), you have eight (8) therapy sessions per person, per year, per issue. No cost to you.

Beyond these provided sessions, you can continue working with your therapist and your sessions will be billed to your health plan or pay out-of-pocket right in the app.



How are therapy sessions billed?



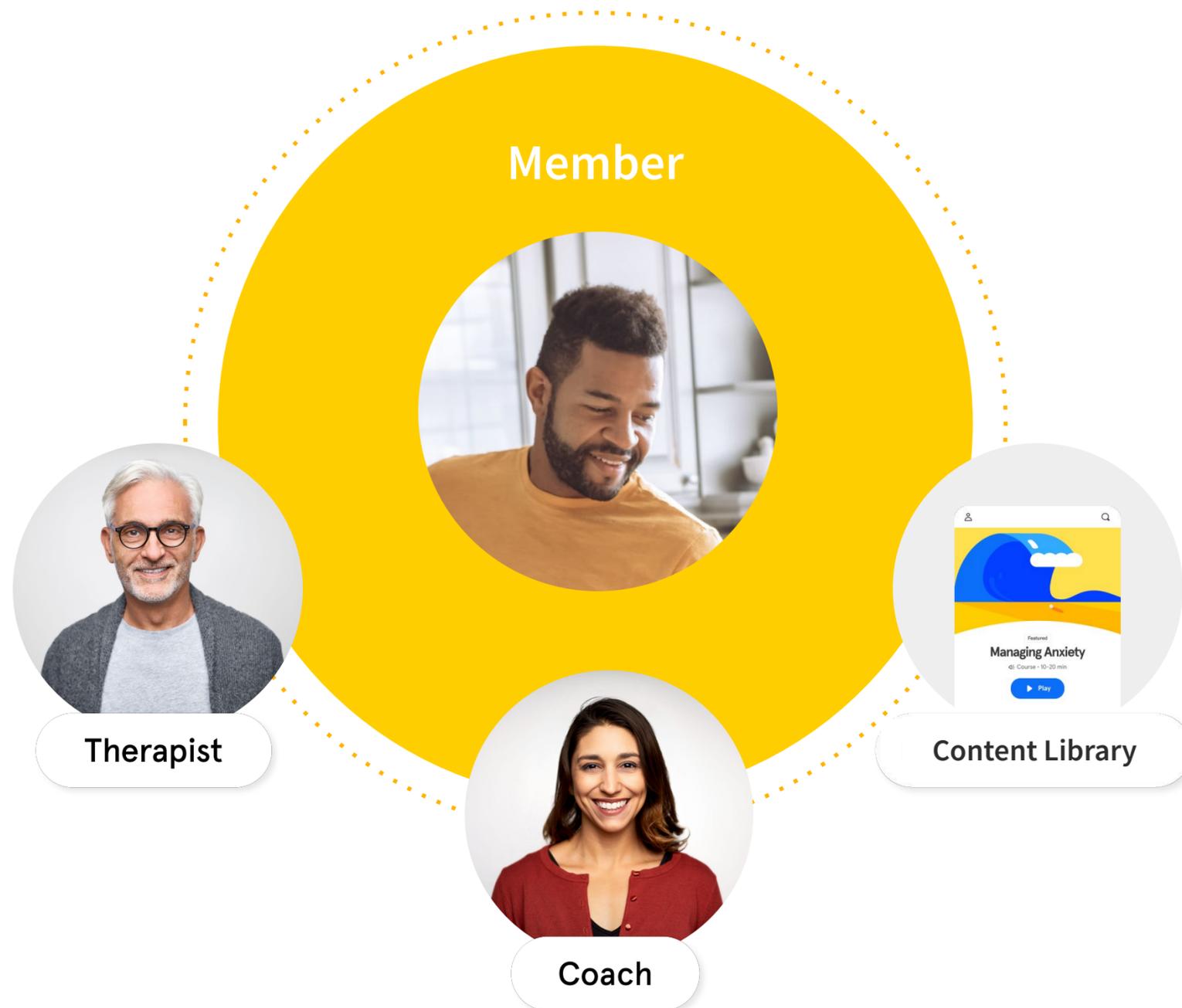
The content library and text-based coaching is free and unlimited.

Therapy sessions are billed directly to your health plan or you can pay out-of-pocket, right in the app.

Headspace care services are in-network for most health plans.

How to get started





Through Headspace, you get access to:

- Unlimited evidence-based content library
- Unlimited text-based mental health coaching
- 8 covered therapy sessions per issue per year. Additional sessions will be billed to employee health plan.
- Up to 5 invites to household members!
 - Any household member, like a spouse, family member, or loved one!

Sign up for Headspace today



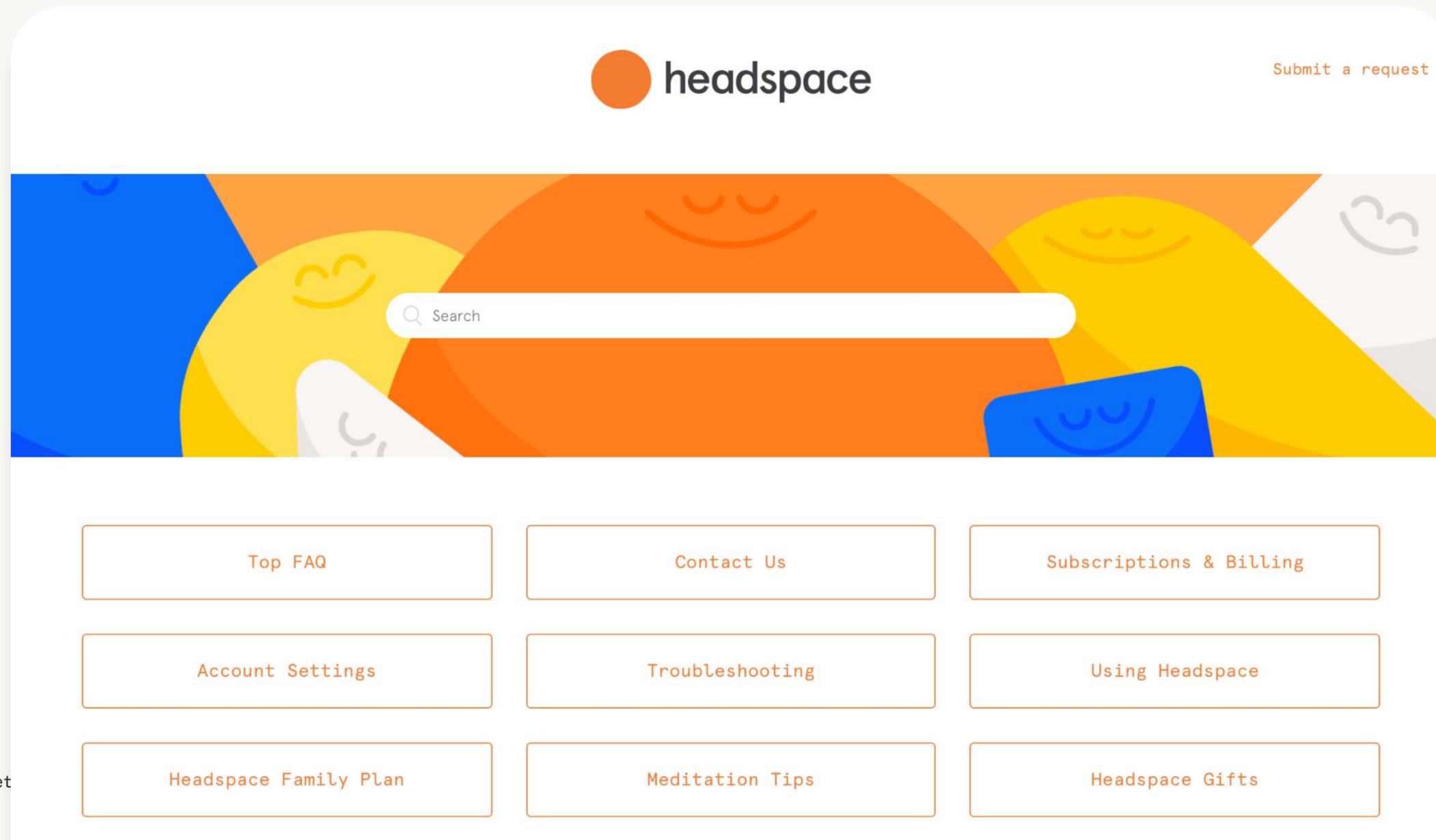
Scan the QR code, or visit:
work.headspace.com/veolia/member-enroll

On the landing page, follow the
steps to sign-up, and you're all set



Need help? We've got you.

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



Q&A Time



Does Headspace have content and exercises beyond meditation and mindfulness?





True

Yes! In addition to meditation, we also have audio exercises for sleep, and an extensive collection of content for mindful movement and Focus music. Looking to wind down with some Sleep Sounds or watch some animations on mindful living? It's all in the app. We have over 1,000 hours of content designed to develop mindfulness in your life.

Can I really meditate anywhere?





True

Yes! You can meditate with your eyes closed, open, or when you're walking. It starts with just one minute and you can do this where you are. The more we meditate, the greater the chances we will feel calmer, clearer, content, and more compassionate. And the more mindful we become.

Are the benefits of meditation really backed by scientific evidence?





True

Yes! Meditation is over 2,500 years old and its benefits have been studied extensively by scientists.

Headspace has always worked with researchers, and has been shown to reduce stress and improve focus and compassion. Meditation practice has even been shown to change the structure of the brain in areas connected with stress.

**Is coaching for me, even if I'm not
struggling with mental health issues?**





True

Yes! Anyone can benefit from coaching!
Coaches provide support for everyday challenges. They can help you navigate work-related issues, create a personal growth plan, build a routine to get a restful night's sleep, or just keep you accountable so you can achieve your goal.

Is text-based coaching free and unlimited?





True

Yes! Your employer is providing coaching services at no cost to you and your dependents – as long as they're 13 years or older. You can chat with a coach in real time, regardless of where you are, and for as long as you need.

Coaching is free but is therapy free?





True

Yes, but within limits! Your employer is also covering the cost for up to **eight (8) therapy sessions per person, per issue, per year for you and your dependents.**

Thank you
and take care

