

Headspace for Work

All benefit-eligible employees (those working 24 – 40 hours per week) will have access to **Headspace for Work**, an on-demand solution to help support your emotional well-being.

What's included?

Your emotional well-being binds together all things that influence your overall health. Athletico is committed to helping you manage the stressors of daily life, starting with Headspace. Enjoy your life as you deserve!

Members get access to hundreds of hours of guidance, on everything from stress to focus to sleep. Plus, custom features designed for the workplace like team challenges, community programming, monthly newsletters, and more. Other features include:

- Access to Headspace Plus, with hundreds of meditation and sleep exercises
- Spanish, German, French, and English language options
- Offline content when downloaded to a mobile device
- Mindfulness courses and sessions to suit your mood and lifestyle

Getting Started

You may create an account or log into an existing Headspace account directly via web at work.headspace.com/athletico/member-enroll.

Or, scan the following QR Code:



Follow the guided prompts upon entry to the member enrollment site to gain access and begin your Headspace journey!

You must enroll using the enrollment link or QR code above. After you have created an account you may download the mobile app in the Apple App Store or Google Play (Search for Headspace: Meditation and Sleep).