

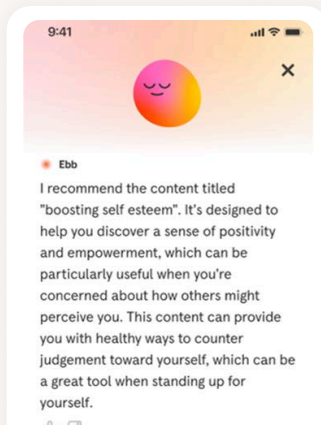


# Happy minds, healthy workplaces with Headspace for Cigna Healthcare

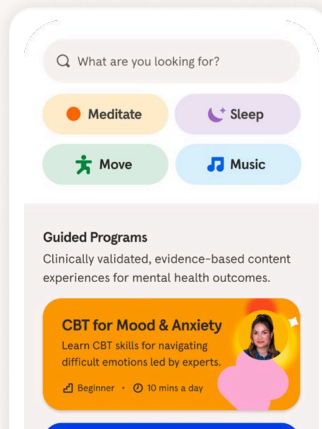
Support better team resilience, manage signs of burnout, embed more compassion into your organization, and support mental health and well-being with **Headspace for Cigna Healthcare**®.

This unique partnership offers your employees access to hundreds of guided meditations, mindfulness exercises, clinically validated programs, sleepcasts, guided workouts, focus music and more. Employees can explore content on their own or receive personalized recommendations based on their unique needs. In addition to a wide range of everyday support tools, there's also exclusive Cigna Healthcare content and access to Ebb, Headspace's empathetic AI companion for reflection, emotional check-ins, and personalized in-app guidance.

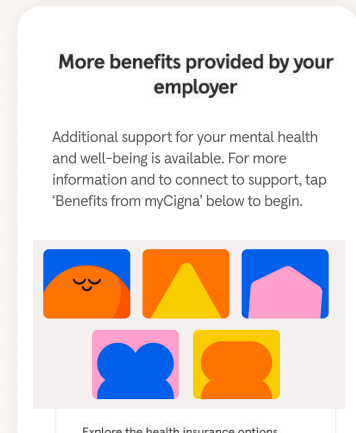
**Plus, employees can seamlessly connect to other Cigna Healthcare benefits through myCigna®, including finding an in-network provider if more serious needs emerge.**



**Ebb, empathetic AI companion**  
Offers guided self-reflection and personalized recommendations.



**Content & guided programs**  
Evidence-based programs for stress, burnout, sleep, anxiety helping build resilience.



**Benefits information**  
Connects employees to other Cigna Healthcare benefits.

## Better mental health with Headspace for Cigna Healthcare

### Ongoing, everyday support

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

### Science-backed content for every employee need

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%<sup>1</sup>.

### Built to engage and retain

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

1. PLOS One (Champion, 2018)

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