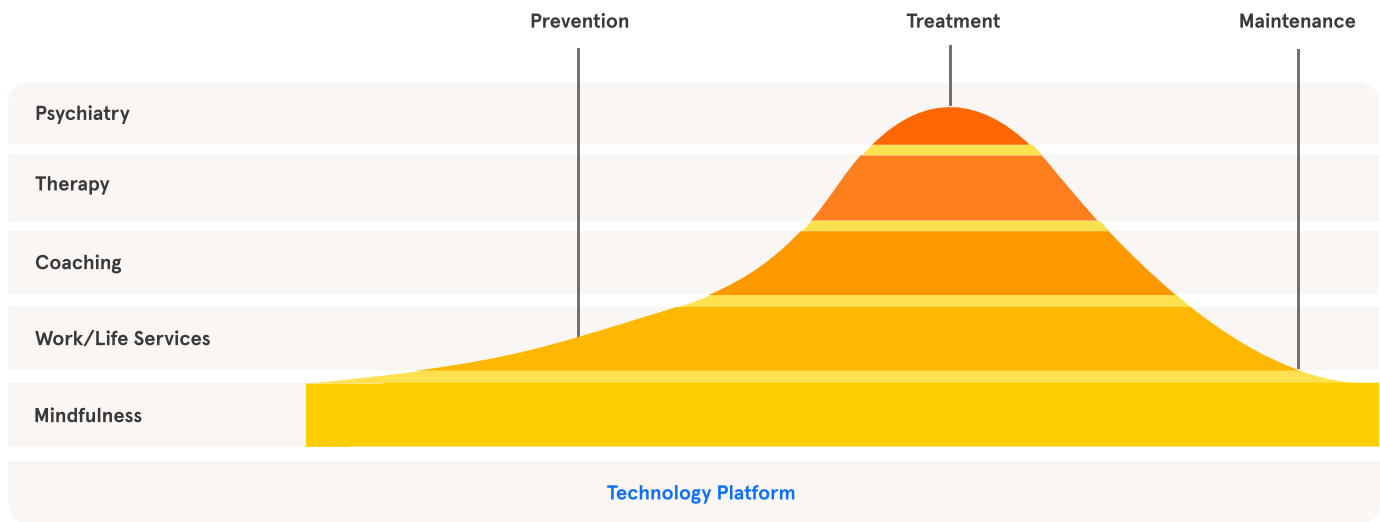


# Mental healthcare for every moment

Headspace Health meets employees where they are with a proactive, whole-person support system that continuously meets their needs.

Mental health is a journey. We help your population stay healthy with unlimited self-care content, behavioral health coaching, and work-life services, while dedicating therapy and psychiatry to those with more acute needs. Employees are guided to the right care at the right time, while driving cost-savings for the organization.



## Broad spectrum care with deep organizational support

Our comprehensive, evidence-based, stepped care system combines timely access to a multidisciplinary provider system with valued EAP services, plus account management, robust reporting and organizational support for managers and leaders.



## Evidence-based, real outcomes



**32%**  
less stress with  
30-days of self-care



**70%**  
experienced improvement  
in depression symptoms



**3+**  
more productive days  
after 30 days<sup>1</sup>

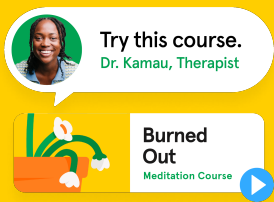
<sup>1</sup> Based on a [JMIR study](#) of healthy days

# The Headspace Health Difference



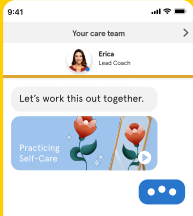
## Engaging and well-known brand

The beloved Headspace brand reduces stigma, drives adoption, and opens a wider door to support.



## Unlimited care for all life's moments

Unlimited access to self-care and coaching for every moment of need — day or night — with a fast track to therapy and psychiatry.



## Continuous, team-based care

Our fully employed team of coaches and clinicians work together to help members navigate life challenges and get the right, effective care fast.

Better access.  
Intentional,  
affordable care.

**24/7/365**

access to a coach,  
2.2 days to a therapist

**30%**

average sign up  
in the first year

**70%**

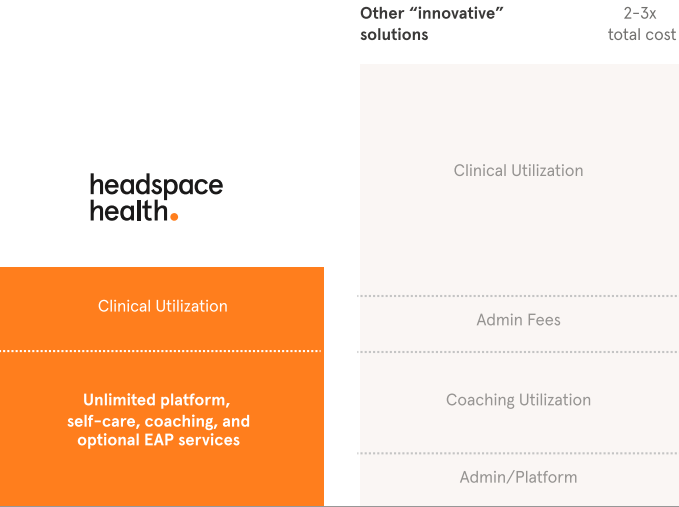
of members' needs  
are met in unlimited  
self-care and coaching

**up to \$5,000**

savings per employee  
engaged in clinical care<sup>2</sup>

## A cost-effective, lifelong benefit for your entire population

Our unique model enables greater access to widespread support and higher utilization at more predictable and affordable costs.



Join 4,000+ organizations in over 190 countries  
reduce stigma and create healthier teams

For more information, visit [headspace.com/enterprise](https://headspace.com/enterprise)



<sup>2</sup> The Value of Investing in Mental Health and Mindfulness