



headspace

Step-by-step instructions on joining Headspace



Scan the QR code to get started

Access [myCigna - Get Access to Your Personal Health Information](#) to start on myCigna.



1



Select “Get Started” on the Headspace home page

You may also find Headspace in the Perks & Programs section.

2



On the next screen, select the “Activate” button

The app download screen will load and direct you to the app store for downloading.

3



Download Headspace App

Headspace uses single sign on (SSO) between the myCigna portal and the Headspace app. It is helpful to read through the “Next steps” before downloading.

4



Create a New Account

Accept the Terms & Conditions and log in using your SSO. You will then need to select “No, log in with my SSO account”

5



Enter “Cigna Healthcare”

Once you have completed the sign in process you may begin using the app.

6



1-877-999-4374



myCigna.com