

Headspace Accessibility Conformance Report

WCAG Edition

(Based on VPAT[®] Version 2.5Rev)

Name of Product/Version:

Headspace Web Application (my.headspace.com)

Report Date:

February 1, 2026

Product Description:

Headspace is a global leader in mindfulness and well-being, offering a range of consumer and enterprise-focused tools for managing stress, sleep, and focus.

Contact Information:

For any questions about the accessibility of this application, please contact help@headspace.com.

Notes:

Pages outside of the my.headspace.com domain, including the login and account creation pages hosted on headspace.com, and pages hosted on webviews.headspace.com, were not evaluated.

Evaluation Methods Used:

Accessible by Design LLC accessibility experts thoroughly reviewed the My Headspace web application for conformance to the Web Content Accessibility Guidelines 2.2 Level A and Level AA. Testing was done on Windows 10/Chrome

144.0/JAWS 2023, and Mac OS Sequoia 15.5/Safari 18.5/VoiceOver using browser zoom to mimic the mobile experience and employing various accessibility features built into these operating systems and assistive technologies.

Applicable Standards/Guidelines

This report covers the degree of conformance for the following accessibility standard/guidelines:

Standard/Guideline	Included In Report
Web Content Accessibility Guidelines 2.0	Level A (Yes) Level AA (Yes) Level AAA (No)
Web Content Accessibility Guidelines 2.1	Level A (Yes) Level AA (Yes) Level AAA (No)
Web Content Accessibility Guidelines 2.2	Level A (Yes) Level AA (Yes) Level AAA (No)

Terms

The terms used in the Conformance Level information are defined as follows:

- **Supports:** The functionality of the product has at least one method that meets the criterion without known defects or meets with equivalent facilitation.
- **Partially Supports:** Some functionality of the product does not meet the criterion.
- **Does Not Support:** The majority of product functionality does not meet the criterion.
- **Not Applicable:** The criterion is not relevant to the product.
- **Not Evaluated:** The product has not been evaluated against the criterion. This can only be used in WCAG Level AAA criteria.

WCAG 2.2 Report

Note: When reporting on conformance with the WCAG 2.2 Success Criteria, they are scoped for full pages, complete processes, and accessibility-supported ways of using technology as documented in the [WCAG 2.0 Conformance Requirements](#).

Table 1: Success Criteria, Level A

Criteria	Conformance Level	Remarks and Explanations
1.1.1 Non-text Content (Level A)	Supports	All non-text content that is presented to the user in the product has a text alternative that serves an equivalent purpose.
1.2.1 Audio-only and Video-only (Prerecorded) (Level A)	Supports	The product does not have prerecorded video-only content. The product provides closed captions that presents equivalent information for prerecorded audio-only content. Captions can be turned on via the audio player. An option is also available on the settings page to turn on closed captions by default for all supported content.
1.2.2 Captions (Prerecorded) (Level A)	Supports	The product provides captions for prerecorded audio content in synchronized media.
1.2.3 Audio Description or Media Alternative (Prerecorded) (Level A)	Partially Supports	The majority of the synchronized media found in the product has transcripts or audio descriptions that can be turned on via the accessibility settings within the application, with the exception of some videos.
1.3.1 Info and Relationships (Level A)	Supports	Information that is conveyed through presentation in the product can be programmatically determined.

Criteria	Conformance Level	Remarks and Explanations
1.3.2 Meaningful Sequence (Level A)	Supports	When the sequence in which content is presented affects its meaning, a correct reading sequence can be programmatically determined.
1.3.3 Sensory Characteristics (Level A)	Supports	Instructions provided for understanding and operating the product do not rely solely on sensory characteristics such as shape, size, visual location, orientation, or sound.
1.4.1 Use of Color (Level A)	Supports	Color is not used in the product as the only visual means of conveying information, indicating an action, prompting a response, or distinguishing a visual element.
1.4.2 Audio Control (Level A)	Supports	The product does not contain any audio that plays automatically for more than 3 seconds. It also provides a mechanism to pause or stop the audio, and a mechanism to control audio volume independently from the overall system volume level.
2.1.1 Keyboard (Level A)	Supports	All user interface controls in the product are operable through keyboard input.
2.1.2 No Keyboard Trap (Level A)	Supports	Focus can be moved away from all user interface controls in the product when using keyboard input.
2.1.4 Character Key Shortcuts (Level A)	Supports	The product does not have keyboard shortcuts that are implemented using only a single letter, punctuation, number, or symbol character.
2.2.1 Timing Adjustable (Level A)	Supports	The login time limit implemented in the product exceeds 20 hours.

Criteria	Conformance Level	Remarks and Explanations
2.2.2 Pause, Stop, Hide (Level A)	Supports	The product does not have any moving, blinking, scrolling, or auto-updating information that requires a mechanism to pause, stop or hide.
2.3.1 Three Flashes or Below Threshold (Level A)	Supports	The product does not have flashing content.
2.4.1 Bypass Blocks (Level A)	Supports	A mechanism is available to bypass blocks of content that are repeated on multiple Web pages in the product.
2.4.2 Page Titled (Level A)	Partially Supports	Most of the product's Web pages have titles that describe the topic or purpose of the page, except for pages that contain audio or video content, which all have generic titles "Audio Player" and "Video Player."
2.4.3 Focus Order (Level A)	Partially Supports	<p>The product's focusable components receive focus in an order that preserves meaning and operability, with the following exceptions:</p> <ul style="list-style-type: none"> ● Static text (level one heading) gains focus with the Tab key even though they are not interactive. ● When a new page loads, focus is automatically set to the level one headings on various pages, which automatically bypasses the main navigation.
2.4.4 Link Purpose (In Context) (Level A)	Supports	The purpose of links in the product can be determined from the link text alone or from the link text together with its programmatically determined link context.
2.5.1 Pointer Gestures (Level A)	Supports	The product does not rely on multipoint or path-based gestures for operation.

Criteria	Conformance Level	Remarks and Explanations
2.5.2 Pointer Cancellation (Level A)	Supports	The product does not include functionality that can only be operated using a single pointer that executes on a down event (such as tap down or click down).
2.5.3 Label in Name (Level A)	Supports	User interface components in the product have accessible names that contain the text that is presented visually, where applicable.
2.5.4 Motion Actuation (Level A)	Supports	The product does not include functionality that can be operated by device motion or user motion.
3.1.1 Language of Page (Level A)	Supports	The default human language of each page in the product can be programmatically determined.
3.2.1 On Focus (Level A)	Supports	When user interface controls receive focus, they do not result in a change of context.
3.2.2 On Input (Level A)	Supports	When user interface controls receive input, they do not initiate a change of context.
3.2.6 Consistent Help (Level A)	Supports	Help mechanisms available in the product occur in the same order relative to other page content.
3.3.1 Error Identification (Level A)	Supports	If an input error is automatically detected in the product, the item that is in error is identified and the error is described to the user in text.
3.3.2 Labels or Instructions (Level A)	Supports	The product provides sufficient labels or instructions when content requires user input.
3.3.7 Redundant Entry (Level A)	Supports	Information previously entered by the user into the product is not required to be entered again.
4.1.2 Name, Role, Value (Level A)	Partially Supports	The name and role for user interface controls in the product can be programmatically determined; states,

Criteria	Conformance Level	Remarks and Explanations
		<p>properties, and values that can be set by the user can be programmatically set; and notification of changes to these items is available to user agents, including assistive technologies, with the following exceptions:</p> <ul style="list-style-type: none"> • The close buttons found in various modal dialogs that appear when editing profile settings do not have accessible names. • At the bottom of top-level pages, there is a component that visually resembles a sticky tab bar. Although this component has an element with the role of "tablist," it lacks the necessary child elements with the role of "tab." Instead, it contains link elements that function as standard links.

Table 2: Success Criteria, Level AA

Criteria	Conformance Level	Remarks and Explanations
1.2.4 Captions (Live) (Level AA)	Supports	The product does not have synchronized media with live audio content that would require captions.
1.2.5 Audio Description (Prerecorded) (Level AA)	Partially Supports	The majority of the synchronized media found in the product has audio descriptions that can be turned on via the accessibility settings within the application, with the exception of some videos.
1.3.4 Orientation (Level AA)	Supports	Content in the product does not restrict its view and operation to a single display orientation, such as portrait or landscape.

Criteria	Conformance Level	Remarks and Explanations
1.3.5 Identify Input Purpose (Level AA)	Supports	The purpose of each input field collecting information about the user can be programmatically determined.
1.4.3 Contrast (Minimum) (Level AA)	Partially Supports	<p>The visual presentation of text and images of text in the product have a contrast ratio of at least 4.5:1 with surrounding colors, with the following exception:</p> <ul style="list-style-type: none"> ● White text used for various links and video content does not have sufficient contrast with orange, light blue and pink background colors. ● Dark gray text used for links on the Search page does not have sufficient contrast with purple and blue background colors.
1.4.4 Resize text (Level AA)	Supports	Text can be resized the iOS Text Size settings without loss of content or functionality.
1.4.5 Images of Text (Level AA)	Supports	The product uses machine-readable text to convey information rather than images of text.
1.4.10 Reflow (Level AA)	Partially Supports	<p>Content is presented without loss of information or functionality, and without requiring scrolling in two dimensions at a minimum width equivalent to 320 CSS pixels and at a minimum height equivalent to 256 CSS pixels, with the following exception:</p> <ul style="list-style-type: none"> ● Dialogs used for editing profile information and learning about teachers have fixed positions that result in content appearing outside of the viewport. In some instances, the buttons used to close these dialogs are not accessible.
1.4.11 Non-text Contrast (Level AA)	Partially Supports	The visual presentation of user interface components and graphical objects in the product have a contrast

Criteria	Conformance Level	Remarks and Explanations
		ratio of at least 3:1 with surrounding colors, with the following exception: <ul style="list-style-type: none"> ● The orange color used to indicate active screen/page in the bottom tab bar navigation. ● The gray color used for input field borders (edit mode) on the profile page. ● The gray color used for toggle switches (off position) on the profile page.
1.4.12 Text Spacing (Level AA)	Supports	No loss of content or functionality occurs by setting line spacing to at least 1.5 times the font size, spacing following paragraphs to at least 2 times the font size, letter spacing to at least 0.12 times the font size and word spacing to at least 0.16 times the font size.
1.4.13 Content on Hover or Focus (Level AA)	Supports	The product does not have content where the pointer hover or keyboard focus triggers additional content to become visible.
2.4.5 Multiple Ways (Level AA)	Supports	The product has more than one way to locate a page within a set of pages.
2.4.6 Headings and Labels (Level AA)	Supports	Headings and labels that describe the topic or purpose of content and controls are present in the product.
2.4.7 Focus Visible (Level AA)	Supports	The keyboard focus indicator is visible on all user interface components within the product.
2.4.11 Focus Not Obscured (Minimum) (Level AA)	Supports	When a user interface component receives keyboard focus in the product, it is not entirely hidden due to author-created content.
2.5.7 Dragging Movements (Level AA)	Supports	The product does not have functionality that requires dragging movements.

Criteria	Conformance Level	Remarks and Explanations
2.5.8 Target Size (Minimum) (Level AA)	Supports	The size of the target for pointer inputs in the product is at least 24 by 24 CSS pixels.
3.1.2 Language of Parts (Level AA)	Supports	The human language of each passage or phrase in the content within the product can be programmatically determined.
3.2.3 Consistent Navigation (Level AA)	Supports	Navigational mechanisms that are repeated on multiple pages within the product occur in the same relative order each time they are repeated.
3.2.4 Consistent Identification (Level AA)	Supports	Components that have the same functionality within the product are identified consistently.
3.3.3 Error Suggestion (Level AA)	Supports	Suggestions are provided to the user if an input error is automatically detected and suggestions for correction are known.
3.3.4 Error Prevention (Legal, Financial, Data) (Level AA)	Supports	The product has a way to reverse changes to user-controllable data in data storage systems and has a way to review user test responses prior to submitting.
3.3.8 Accessible Authentication (Minimum) (Level AA)	Supports	A cognitive function test (such as remembering a password or solving a puzzle) is not required for any step in an authentication process within the product.
4.1.3 Status Messages (Level AA)	Supports	Status messages can be programmatically determined through role or properties such that they can be presented to the user by assistive technologies without receiving focus.

Legal Disclaimer

This document is provided for informational purposes only and represents the current view of the product's accessibility conformance as of the date of publication. It is not intended to constitute a contractual commitment, warranty, or guarantee of accessibility or compliance.

The evaluation described in this report was performed using a representative sample of product functionality and does not necessarily cover all use cases, configurations, or integrations. Accessibility conformance may vary based on platform, configuration, assistive technology, and product version. Product features and accessibility characteristics may change without notice as part of ongoing development and improvement efforts.