

Headspace Accessibility Conformance Report

WCAG Edition

(Based on VPAT[®] Version 2.5Rev)

Name of Product/Version:

Headspace iOS Mobile Application Version 8.0.0
Headspace Android Mobile Application Version 8.0.0

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.

Evaluation Methods Used:

Accessible by Design LLC accessibility testers thoroughly reviewed the Headspace iOS and Android applications (Version 8.0.0) for conformance to the Web Content Accessibility Guidelines 2.2 Level A and Level AA. Testing was done on iOS (software version 18.6.2), and Android (software version A156USQS7CYF1) using the built in screen readers (VoiceOver & TalkBack) as well as accessibility settings which included iOS Zoom (& Android Magnifier), Display & Text Size (Enlarge Display), Motion (& Reduce Animation), Subtitles & Captioning, and Audio Descriptions.

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)	Partially Supports	Most non-text content found in the product that is presented to the user has a text alternative that serves the equivalent purpose, or, where appropriate, is marked as decorative. Some exceptions include: <ul style="list-style-type: none"> Some informative images and icons on the Today, Ebb and Care screens do not have a text alternative or are not detected by screen readers. Some decorative icons on the Explore, Ebb, Guided Program and Profile screens have unnecessary text alternatives.
1.2.1 Audio-only and Video-only (Prerecorded) (Level A)	Supports	An alternative for prerecorded audio content is provided that presents equivalent information.
1.2.2 Captions (Prerecorded) (Level A)	Supports	Captions are provided for all 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 application 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)	Partially Supports	Information, structure, and relationships conveyed through presentation in the product in some cases

Criteria	Conformance Level	Remarks and Explanations
		<p>cannot be programmatically determined. Some examples include:</p> <ul style="list-style-type: none"> ● Implicit headings throughout the product are not identified as headings by screen readers; ● Text and non-text content that make up interactive “cards” throughout the product are not grouped in a way that makes the relationships in the content apparent to assistive technologies; ● Icons and text used for tabs in the bottom tab bar are not grouped into single actionable controls; ● Buttons on the Explore and Care screens are not detected by assistive technologies; ● A checkbox used to agree to terms & conditions on the Welcome screen is not programmatically associated with its text label; ● Some content, such as form fields on the Create Account screen, have two instances;
<p>1.3.2 Meaningful Sequence (Level A)</p>	<p>Partially Supports</p>	<p>When the sequence in which content is presented affects its meaning, a correct reading sequence can be programmatically determined, except on the Guided Program page, where text and their supporting icons communicating number and length of sessions are not encountered in a meaningful sequence.</p>
<p>1.3.3 Sensory Characteristics (Level A)</p>	<p>Supports</p>	<p>Instructions provided for understanding and operating the product do not rely solely on sensory characteristics such as shape, size, visual location, orientation, or sound.</p>
<p>1.4.1 Use of Color (Level A)</p>	<p>Partially Supports</p>	<p>Color is not used in the product as the only visual means of conveying information, indicating an action,</p>

Criteria	Conformance Level	Remarks and Explanations
		prompting a response, or distinguishing a visual element, except for the active tab in the tab bar, which is highlighted in a different color.
1.4.2 Audio Control (Level A)	Supports	The product provides a mechanism to pause or stop audio that plays automatically.
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 2.1 and 2.2)	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.
2.2.2 Pause, Stop, Hide (Level A)	Partially Supports	The product contains some content that animates automatically and does not provide 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	The product does not have large blocks of repeated content at the top of each page that would require a bypass mechanism for keyboard users.
2.4.2 Page Titled (Level A)	Does Not Support	The product has a number of pages that do not have titles that describe the topic or purpose of the page.

Criteria	Conformance Level	Remarks and Explanations
2.4.3 Focus Order (Level A)	Supports	All of the interactive components within the product receive focus in an order that preserves meaning and operability.
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 2.1 and 2.2)	Partially Supports	Most functionality in the product that uses multipoint or path-based gestures for operation can be operated with a single pointer, except for some carousels that require a side swipe to access content.
2.5.2 Pointer Cancellation (Level A 2.1 and 2.2)	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 2.1 and 2.2)	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 2.1 and 2.2)	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.

Criteria	Conformance Level	Remarks and Explanations
3.2.6 Consistent Help (Level A 2.2 only)	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 2.2 only)	Supports	Information previously entered by the user is not required to be entered again.
4.1.1 Parsing (Level A) WCAG 2.0 and 2.1 – Always answer ‘Supports’ WCAG 2.2 (obsolete and removed) - Does not apply	Supports	For WCAG 2.0 and 2.1, the September 2023 errata update indicates this criterion is always supported. See the WCAG 2.0 Editorial Errata and the WCAG 2.1 Editorial Errata .
4.1.2 Name, Role, Value (Level A)	Partially Supports	The name, role and / or state for some user interface controls in the application cannot be programmatically determined. Some examples include: <ul style="list-style-type: none"> • Some icons and “card” components that serve as UI controls in the app are identified by assistive technologies as images, which are typically not interactive; • Some UI controls, such as the Recent and Favorites tabs on the Today screen, are identified as static text, which is typically not interactive; • Screen readers indicate that Tabs in the button Tab Bar are “dimmed” (or “disabled”) when they are functional;

Criteria	Conformance Level	Remarks and Explanations
		<ul style="list-style-type: none"> The Submit button for submitting a question to Ebb does not have an accessible name, making its purpose unclear to screen reader users; When scheduling Care the selected dates and times, which are highlighted in blue, are not communicated by screen readers as selected; The video player has “skip back” and “skip forward” buttons that do not have accessible names or roles.

Table 2: Success Criteria, Level AA

Criteria	Conformance Level	Remarks and Explanations
1.2.4 Captions (Live) (Level AA)	Supports	The application 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 application 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 2.1 and 2.2)	Supports	Content in the product does not restrict its view and operation to a single display orientation, such as portrait or landscape.
1.3.5 Identify Input Purpose (Level AA 2.1 and 2.2)	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	The visual presentation of text and images of text has a contrast ratio of at least 4.5:1 with surrounding colors, with the following exceptions:

Criteria	Conformance Level	Remarks and Explanations
		<ul style="list-style-type: none"> • Daily essentials card components on the Today screen have white text on top of background images with insufficient contrast; • Various Meditate screens have white text on top of an orange background with insufficient contrast; • Explore screen has white text on top of an orange background with insufficient contrast;
1.4.4 Resize text (Level AA)	Supports	Text can be resized the iOS Text Size settings and Android Enlarge Display Mode 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 2.1 and 2.2)	Supports	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.
1.4.11 Non-text Contrast (Level AA 2.1 and 2.2)	Partially Supports	The visual presentation of user interface components and graphical objects in the application have a contrast ratio of at least 3:1 with surrounding colors, except on the Ebb screen, where the purple "Thumbs up" and "Thumbs down" icon buttons do not have sufficient contrast with the dark background.
1.4.12 Text Spacing (Level AA 2.1 and 2.2)	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,

Criteria	Conformance Level	Remarks and Explanations
		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 2.1 and 2.2)	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)	Partially Supports	<p>Headings and labels that describe the topic or purpose of content and controls are present in the majority of the product, with the following exceptions:</p> <ul style="list-style-type: none"> • The Care screen has a two "View all" buttons that are not descriptive or uniquely labelled; • The Profile screen has a "Settings" button that is announced as "Settings Gear Icon, Button" which may be slightly confusing; • Various modal dialogs have close buttons that are announced as "Close thick, button" which may be slightly confusing;
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 2.2 only)	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 2.2 only)	Supports	The product does not have functionality that requires dragging movements.
2.5.8 Target Size (Minimum) (Level AA 2.2 only)	Supports	The size of the target for pointer inputs in the product is at least 24 by 24 CSS pixels.

Criteria	Conformance Level	Remarks and Explanations
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 2.2 only)	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 2.1 and 2.2)	Partially 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, with the exception of the error that is displayed on the Welcome page when clicking the Log in button without agreeing to terms & conditions, which is not announced by text-to-speech technologies without bringing focus to it.

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.