

HEADSPACE

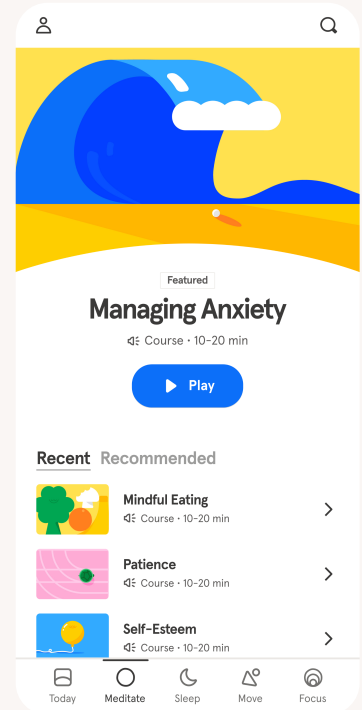
For access to self-guided meditations, sleep support and mindfulness exercises, sign up for Headspace:

If you are over the age of 18:

1. Have your Team Member enroll into the program at tmap.wholefoods.com
2. Have your Team Member add you at headspace.com/family/manage
3. You will receive an email invitation. Click on the link in the email to sign up for a Headspace account, and download the Headspace app.

If you are located in the US, and between the ages of 13-18: [click here](#) to sign up.

Dependents under 18 are not eligible in the UK & Canada.



GINGER

For access to one-on-one guidance from coaches and clinicians, sign up for Ginger:

If you are over the age of 18:

1. Download the Ginger app, and click "Sign up as a dependent".
2. Enter the Team Member's name, date of birth, and zip code, postal code, or postcode to verify.
3. Answer some questions about yourself to get started.

If you are located in the US, and between the ages of 13-18:

1. Have your Team Member enroll into the program at tmap.wholefoods.com
2. In the Ginger app, they will add you by clicking on Profile, then Dependents.
3. You will receive an email with instructions on how to download the app and sign up.

If you are located in the UK or Canada, you will not have access to the Ginger app. If you are looking for therapy/psychiatry services, please visit our Work/Life Services by visiting [this link](#), and entering the code **WFM.**

You can also call in using the following phone lines:

US/Canada: 888-WFM-TMAP (888-936-8627)

UK: Freephone: 0800 243 458 | Direct Dial: +44 20 8987 6230

