

Manage your overall wellbeing with one simple tool

Headspace, integrated with Virgin Pulse, is the preferred mindfulness and meditation partner of Excellus BlueCross BlueShield. Now, we're proud to include it with your plan.



Headspace for work and home

The power to create lasting change in your happiness, mindfulness, and productivity is officially right in your hands. With the Headspace science-based app, you get hundreds of meditations and exercises for stress, focus, sleep, and movement – and our partnership with Virgin Pulse provides you curated access to it all. Headspace will help you gain greater insight into your health and wellbeing than ever before, all while building healthy habits along the way.



- Learn to manage feelings and thoughts with everyday mindfulness
- Sleep better with sleepcasts, music, and other unique audio experiences
- Get moving with exercises to strengthen your mental and physical wellbeing
- Boost focus with music and meditations
- Start your morning right with inspiring stories

Users reported:

REDUCED STRESS

32%

less stress after 30 days of Headspace¹

IMPROVED FOCUS

22%

less mind-wandering after one session of Headspace²

DECREASED DEPRESSION AND ANXIETY SYMPTOMS

29%

decrease in depressive symptoms after eight weeks of Headspace³

19%

decrease in anxiety symptoms after eight weeks of Headspace³

Headspace is included with your health plan. Log in to your member account to get started. Member.ExcellusBCBS.com

¹ Headspace peer-reviewed paper in PLOS One

² Department of Psychology, University of Southern Denmark

³ Headspace peer-reviewed paper in American Psychological Association

Subject to DFS approval

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Excellus BCBS.

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