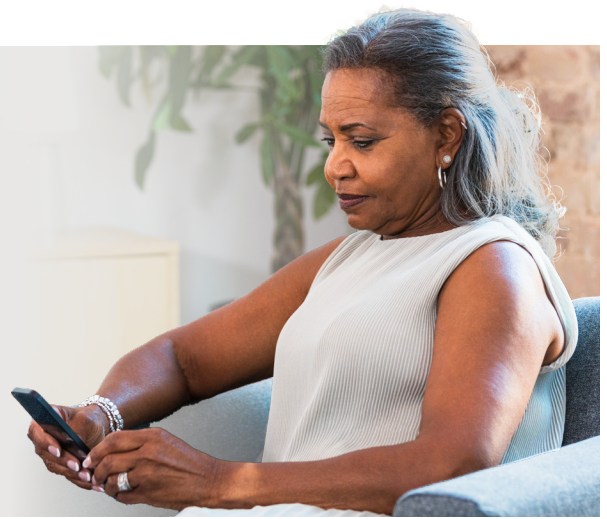


Help employees manage everything from stress and anxiety to focus and sleep

Stress takes a big toll on a person's mental, physical, and emotional health. That's why we're offering* an innovative resource to help employees better manage stress and overall wellbeing.



Headspace for work and home

This mental health benefit creates lasting change for organizations looking to improve employee happiness and workforce performance while cultivating a culture of mindfulness. The science-based app offers your team access to hundreds of meditations and exercises for stress, focus, sleep, and movement. Our partnership with Personify Health provides for curated access to Headspace. With Headspace, employers can encourage healthy habit-building and cultivate better resilience among employees.

- Learn to manage feelings and thoughts with everyday mindfulness
- Includes preventive support for stress, anxiety, depression, and more
- Boost focus with music and meditations
- Better sleep with sleepcasts, music, and other unique audio experiences
- Get moving with exercises to strengthen mental and physical wellbeing
- Connect with inclusive content and stories

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



To learn more about how Headspace can support overall wellbeing, talk to your broker or Excellus BCBS Account Manager today.

Excellus 

Everybody
Benefits

personifyTM
HEALTH

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

*Embedded for all Fully Insured Large Group plans with the exception of Minimum Premium arrangements. Buy-up option available for Minimum Premium and Self-Funded group plans. Headspace is a preferred partner of Personify Health, offering a meditation app to our members. Personify Health is independent of Excellus BCBS.

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