**Ready-to-send email – *Headspace.***

**Subject Line:**

Wellbeing Support With Headspace

**Email Copy:**

Hi Team,

It’s important to take time for yourself and put an emphasis on your overall wellbeing. That’s why we are excited to share with you that you will now have access to a mindfulness and meditation app, Headspace.

Headspace, integrated with Personify Health, is the preferred mindfulness and meditation partner of Excellus BlueCross BlueShield.

With Headspace you will you get hundreds of meditations and exercises for stress, focus, sleep, and movement. Users utilizing Headspace reported reduced stress, improved focus and decreased depression and anxiety symptoms.

Attached are PDFs to provide you with an overview of what Headspace offers, and how to get started. ***To gain access to Headspace please make sure you create your ThriveWell℠ account first by following the quick start flyer attached.*** Once registered for ThriveWell, follow the Headspace enrollment guide to create your account.

If you have any questions, please feel free to reach out to me at any time.

[Signoff]