

Be Kind to Your Mind



Mindfulness has been shown to help people stress less, increase focus and sleep more soundly. Meditation helps you to be more mindful — and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus and movement.

On **October 3rd**, MIIA is excited to announce a partnership launch with Headspace to bring mindfulness content and support to our subscriber community. You'll have free access to the premium Headspace library for free. Enjoy!

Headspace loves science

Just 10 days of Headspace can increase happiness by 16%.

Join over 70 million

Connect with friends and over 70 million people who have downloaded the app.

Meditation

Guided meditations on topics like stress, self-esteem and relationships, plus meditations for kids

Sleep

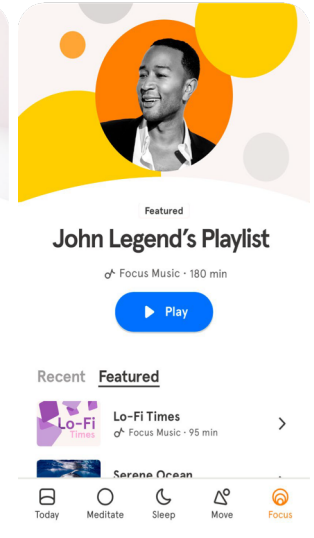
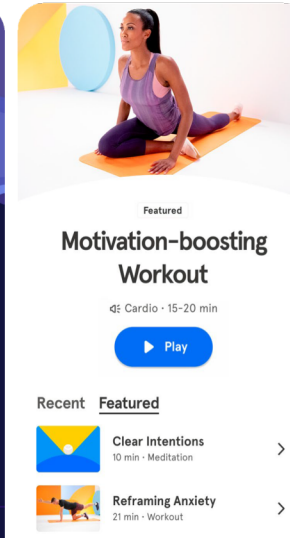
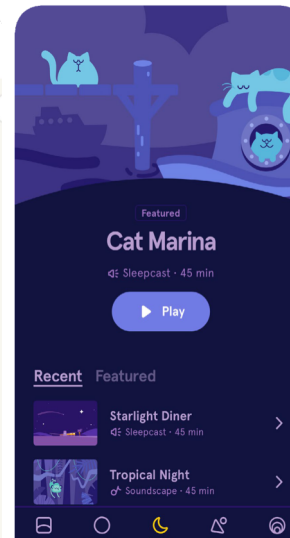
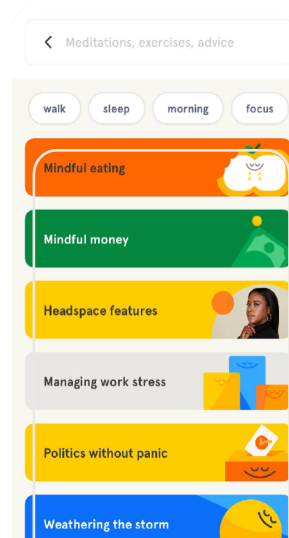
Sleepcasts, music, and bedtime audio for restful nights

Move

Quick workouts and guided cardio for body and mind

Focus

Meditations and music to help you zoom in on what matters



Get started

Just follow these steps to sign up and start your journey. Need help? Email teamsupport@headspace.com

1 Visit: work.headspace.com/miawellaware/join

2 Create a Headspace account or log in with an existing account and verify pilot access with your 9-digit BCBS number

3 Download the Headspace app and get started

