

Joining EMRA's Headspace Program



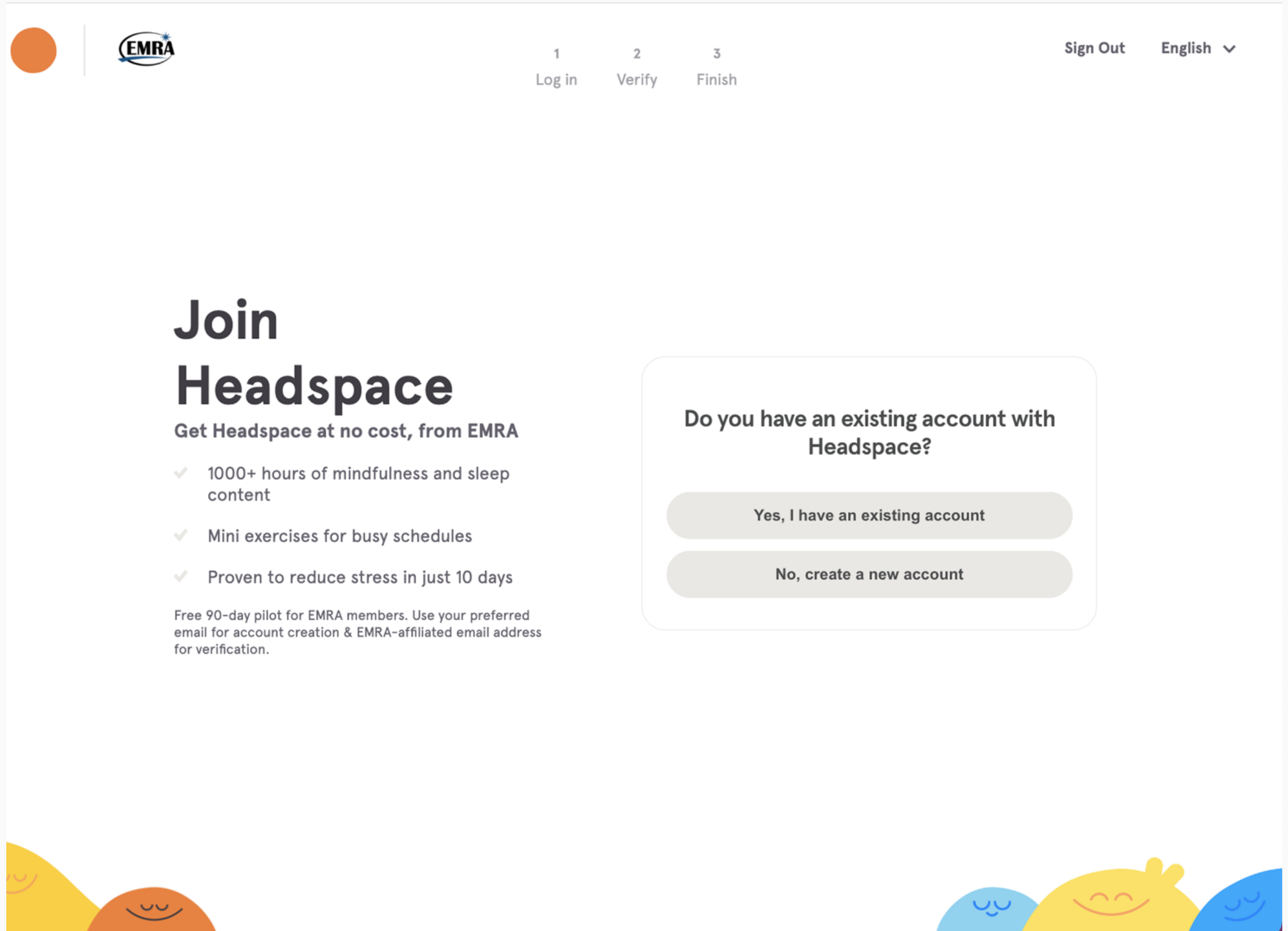
- 1
Log in
- 2
Verify
- 3
Finish

Joining is a 3-step process.
Visit EMRA's unique enrollment page:
work.headspace.com/emra/join



1
Log in

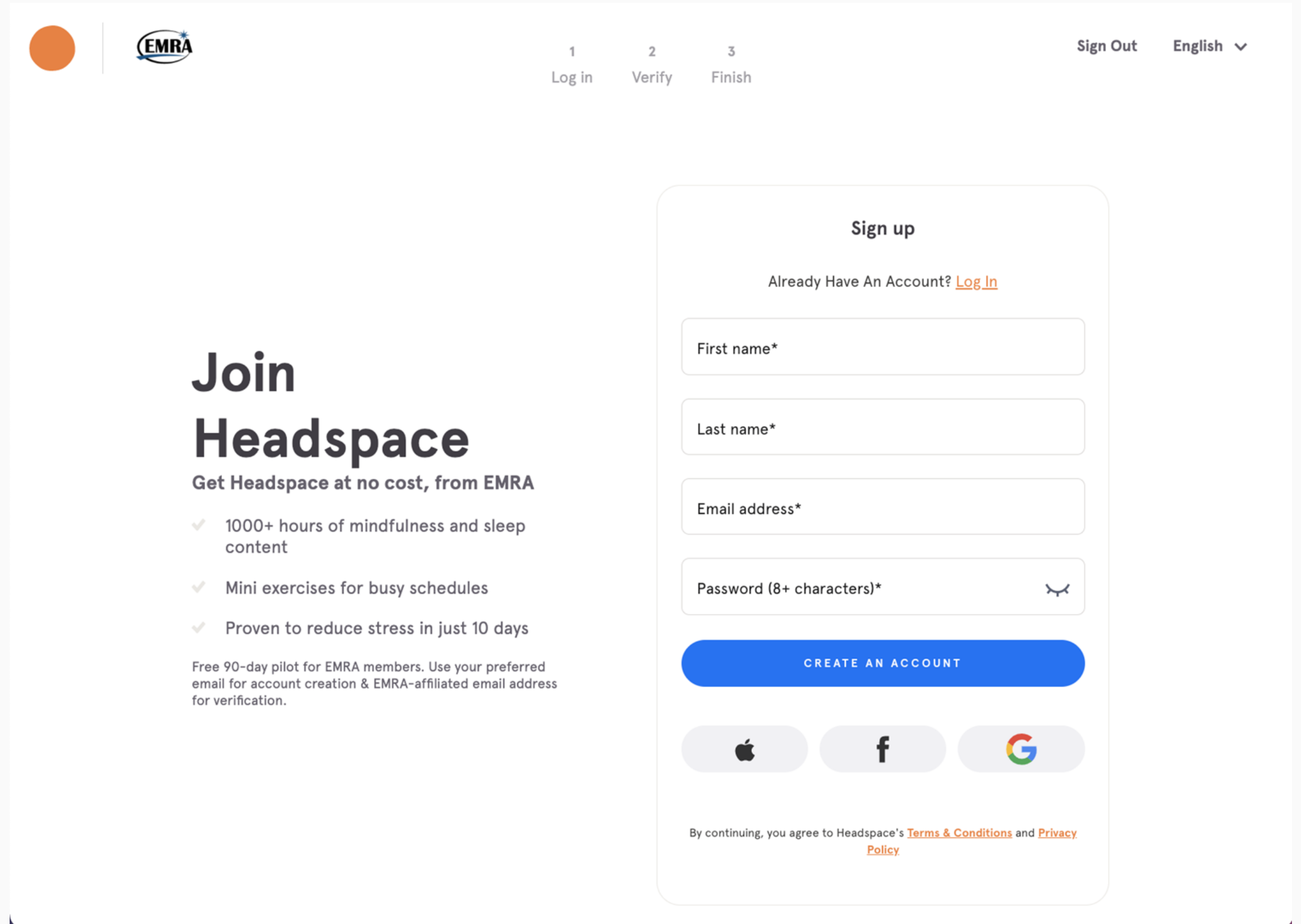
You will be asked “Do you have an existing account with Headspace?”



1
Log in

If you've never had a Headspace account before, you will answer “No, create a new account”. You will then be prompted to create* a Headspace account.

***Be sure to use a personal email address to create a Headspace account.**

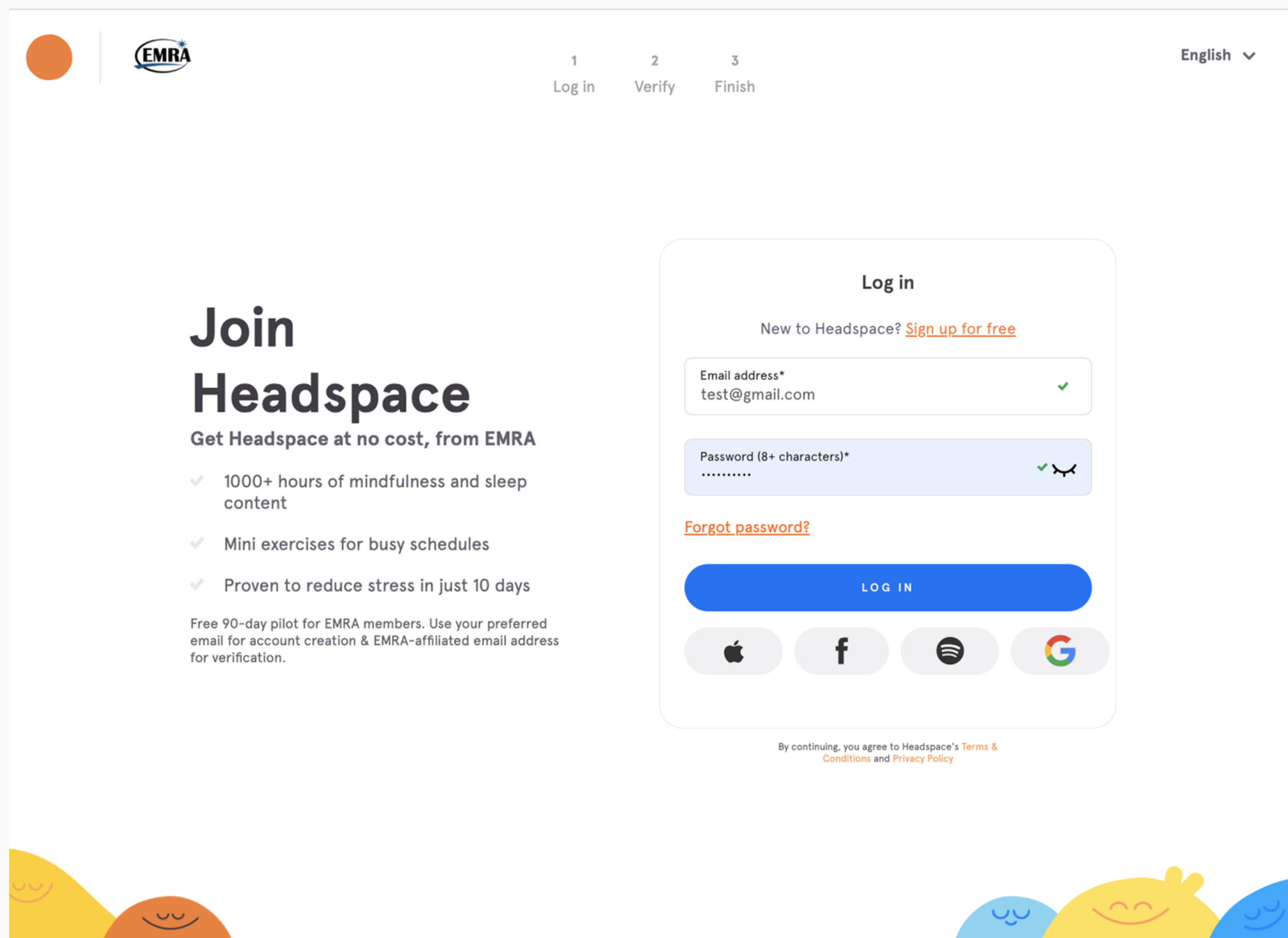


1

Log in

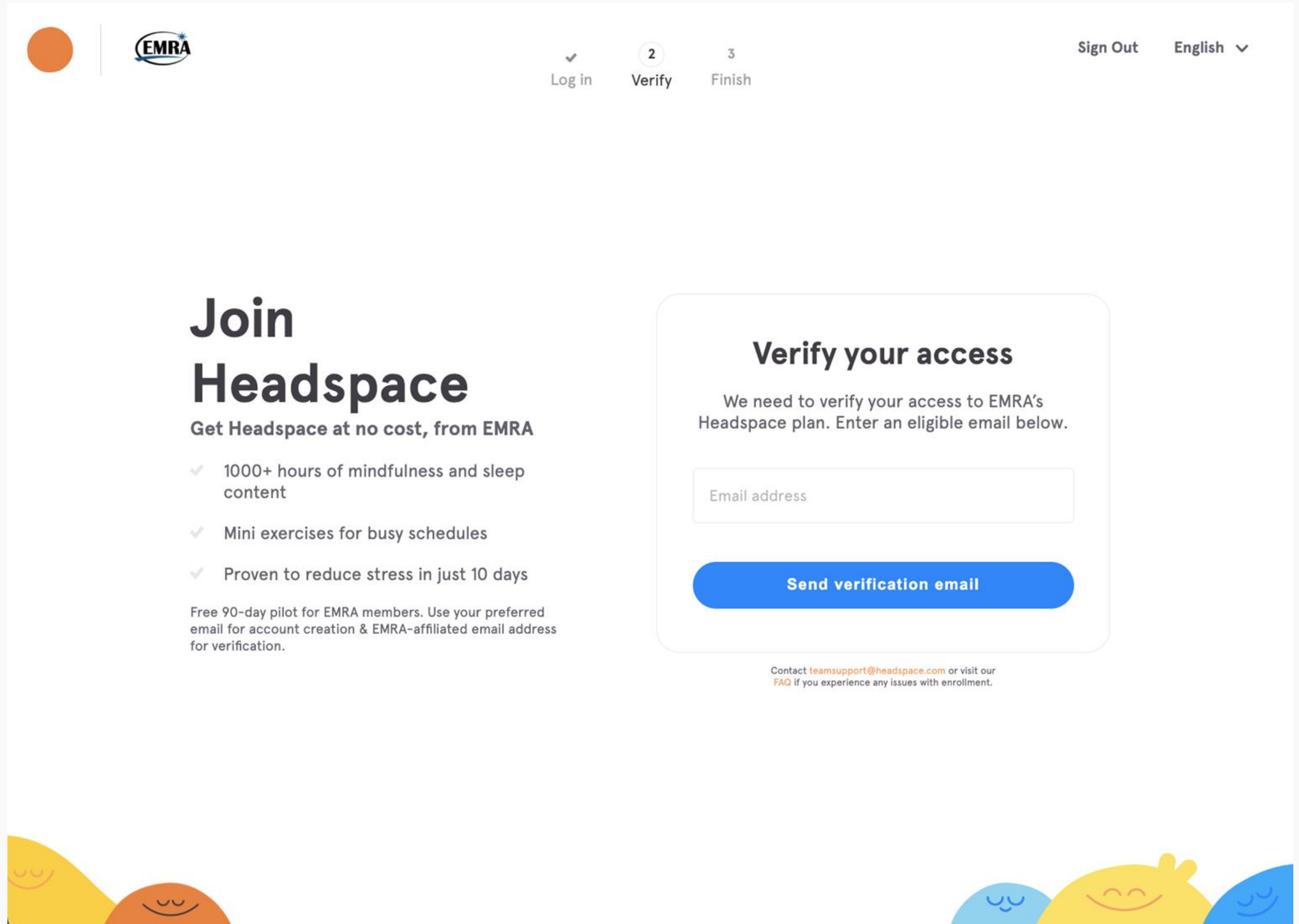
If you already have a personal Headspace account, you will answer “Yes, I have an existing account” and sign in with your existing Headspace account information.

You may also sign in using an Apple, Facebook, Spotify or Google account.



2
Verify

Verify your account with
your EMRA-affiliated
email address



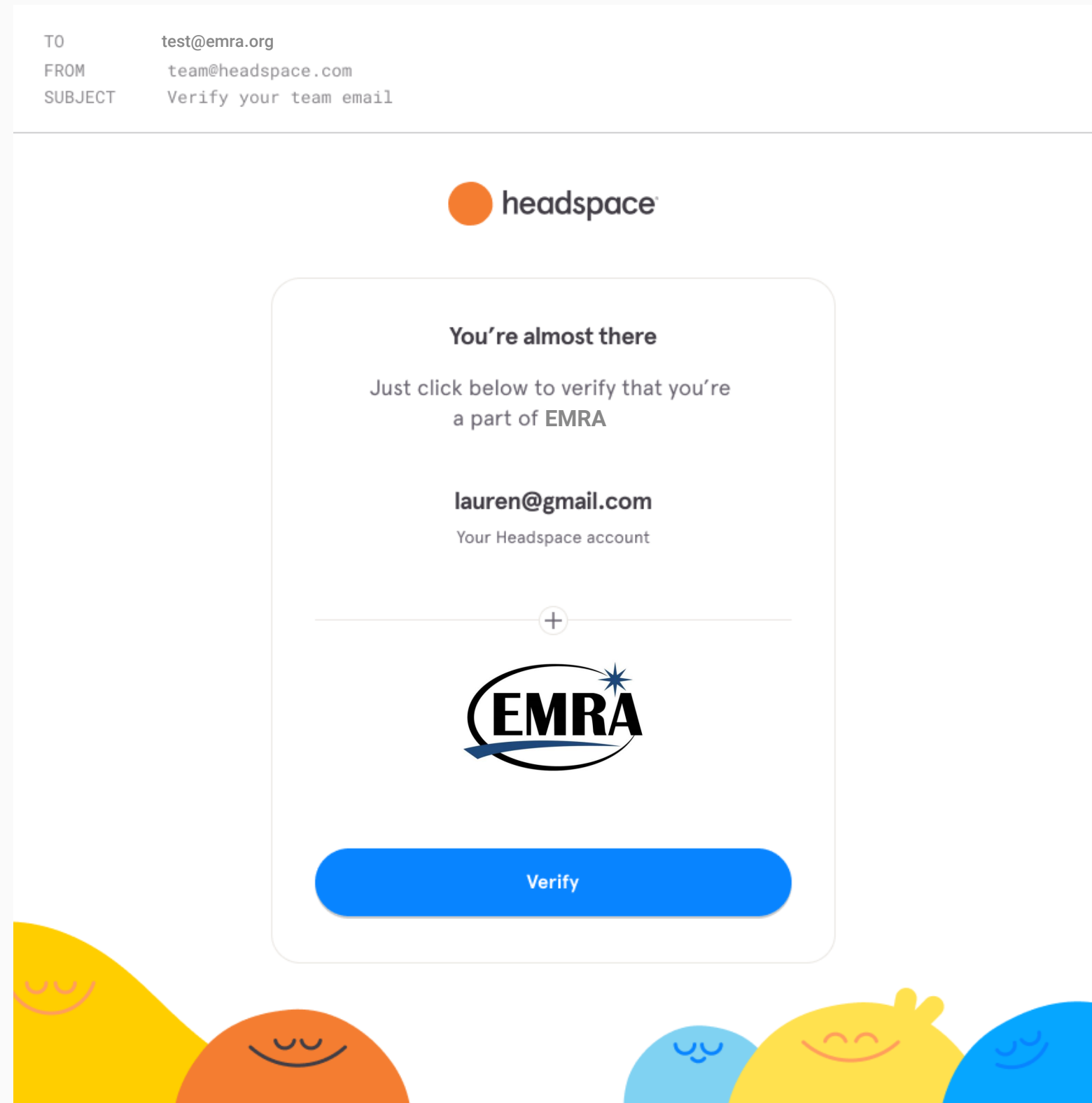
The screenshot shows a web interface for verifying an account. At the top left, there are the headspace and EMRA logos. To the right, there are navigation links: 'Log in' (with a checkmark), 'Verify' (with a circled '2'), and 'Finish' (with a '3'). Further right are 'Sign Out' and 'English' with a dropdown arrow. The main content area is titled 'Join Headspace' and includes a sub-header 'Get HeadSpace at no cost, from EMRA'. Below this are three bullet points: '1000+ hours of mindfulness and sleep content', 'Mini exercises for busy schedules', and 'Proven to reduce stress in just 10 days'. A paragraph states: 'Free 90-day pilot for EMRA members. Use your preferred email for account creation & EMRA-affiliated email address for verification.' To the right, a box titled 'Verify your access' contains the text: 'We need to verify your access to EMRA's HeadSpace plan. Enter an eligible email below.' Below this is an input field labeled 'Email address' and a blue button labeled 'Send verification email'. At the bottom of this box, it says: 'Contact teamsupport@headspace.com or visit our [FAQ](#) if you experience any issues with enrollment.' The bottom of the page features a decorative footer with colorful, smiling shapes.

2

Verify

Check the inbox for the email you entered in the previous step for a confirmation email with the subject line “Verify your team email.”

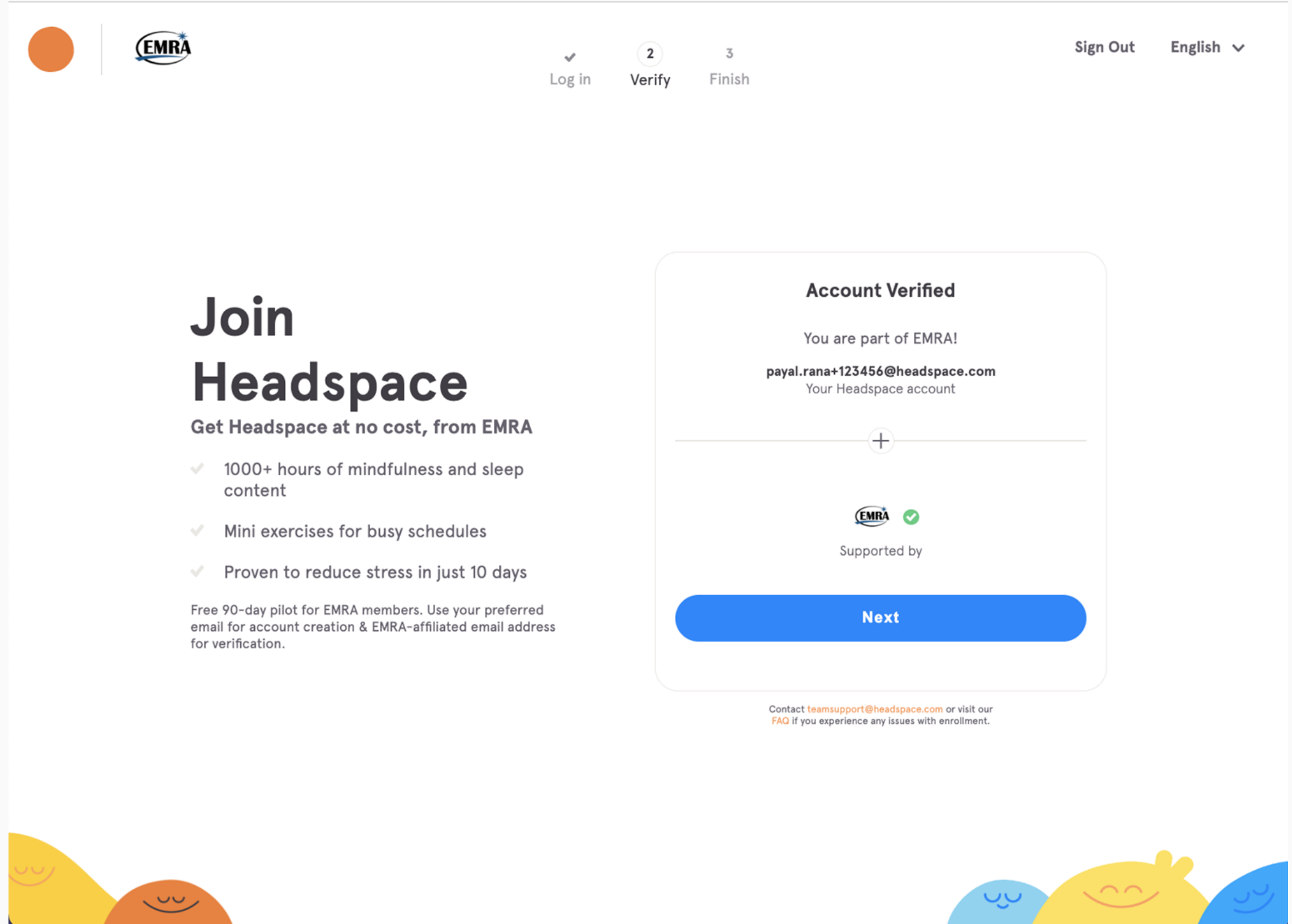
You must click “Verify” to complete the verification process.





2
Verify

You will then be informed that you are a part of the EMRA Headspace Pilot.

Click 'Next' to proceed.



Log in **2** Verify 3 Finish

Sign Out English

Join Headspace

Get Headspace at no cost, from EMRA

- ✓ 1000+ hours of mindfulness and sleep content
- ✓ Mini exercises for busy schedules
- ✓ Proven to reduce stress in just 10 days


Free 90-day pilot for EMRA members. Use your preferred email for account creation & EMRA-affiliated email address for verification.

Account Verified

You are part of EMRA!


payal.rana+123456@headspace.com
Your Headspace account

+


Supported by

Next

Contact teamsupport@headspace.com or visit our [FAQ](#) if you experience any issues with enrollment.



3
Finish

If you had a personal Headspace membership purchased through Headspace, all future auto-payments through Headspace will be automatically suspended.

Log in Verify **3** Finish Sign out English

Join Headspace

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- ✓ 1000+ hours of mindfulness and sleep content
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Free 90-day pilot for EMRA members. Use your preferred email for account creation & EMRA-affiliated email address for verification.

Autorenewal turned off

EMRA is now sponsoring your Headspace membership, so we turned off your autorenewal. You won't be charged again.

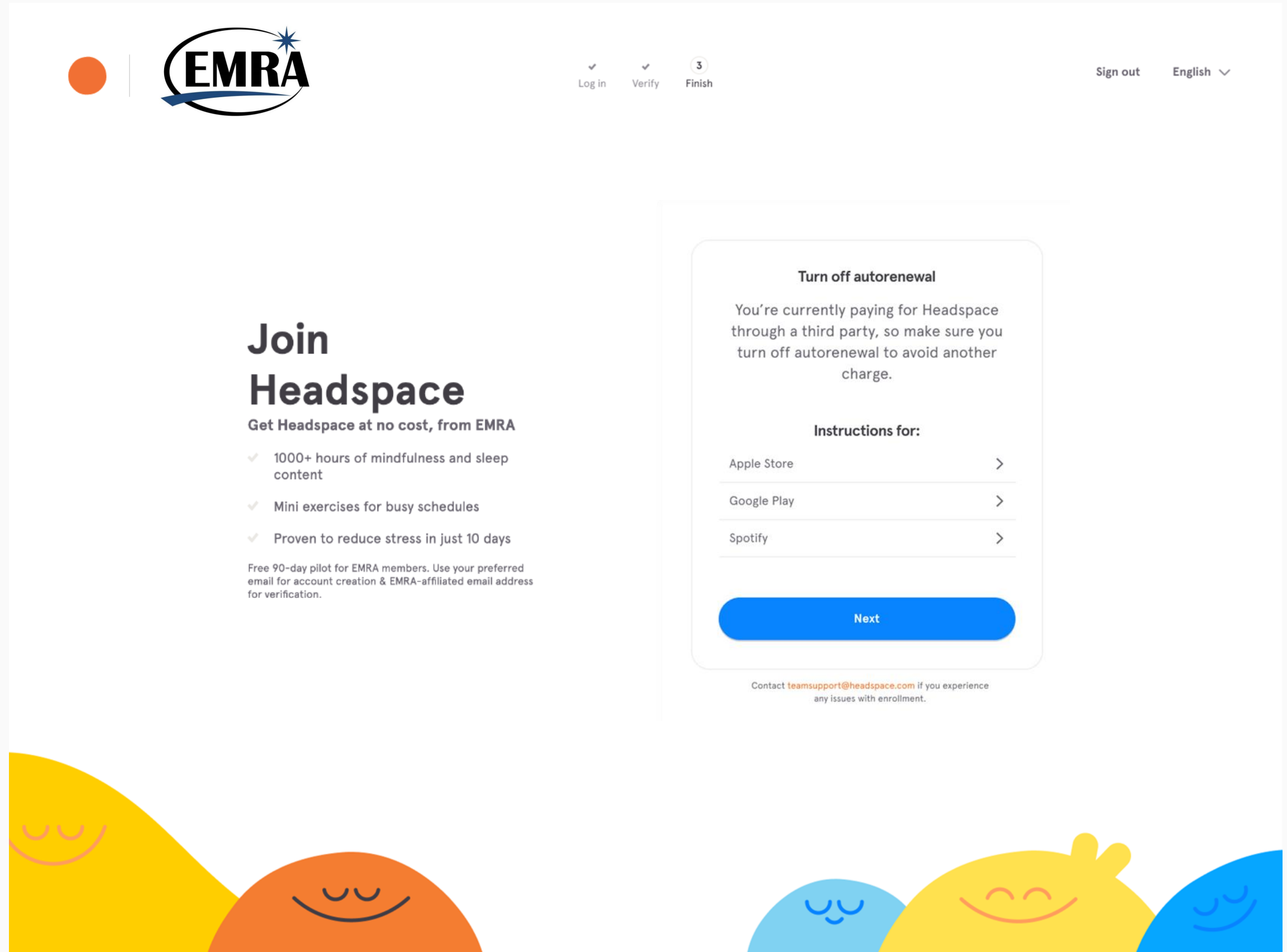
Next



Contact teamsupport@headspace.com if you experience any issues with enrollment.

3
Finish

If you had a personal Headspace membership purchased through a third party, you will need to manually cancel all future auto-payments.

Follow the prompts in the enrollment flow, or visit our Help Center: help.headspace.com



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Log in | Verify | **3** Finish | Sign out | English

Join Headspace

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Free 90-day pilot for EMRA members. Use your preferred email for account creation & EMRA-affiliated email address for verification.

Turn off autorenewal


You're currently paying for Headspace through a third party, so make sure you turn off autorenewal to avoid another charge.

Instructions for:

- Apple Store >
- Google Play >
- Spotify >

Next

Contact teamsupport@headspace.com if you experience any issues with enrollment.



3
Finish

You will be prompted to download the Headspace iOS or Android app.

If you just created your first Headspace account, login to the app with the credentials you input into Step 1.

If you had a personal account prior to joining Prisma Health's program, we recommend logging out of the app and logging back in with your existing credentials.

