

## EMRA's Headspace Pilot | Member FAQ

If you have questions or technical issues please reach out to [teamsupport@headspace.com](mailto:teamsupport@headspace.com).

### How do I sign up and how long will I have access to Headspace?

Go to [work.headspace.com/emra/member-enroll](http://work.headspace.com/emra/member-enroll) and follow the prompts. A step-by-step walkthrough can be found [here](#).

EMRA is conducting a **90-day trial** with Headspace to evaluate if they'd like to proceed with a longer term partnership. You will have premium access to Headspace until **December 12th**, after which EMRA will announce if they are proceeding with a partnership. Towards the end of the trial, we will be reaching out to you for feedback on your Headspace experience. We're excited to hear from you!

### I already have a Headspace account. How can I take advantage of this offer?

Members who already have a Headspace account can connect their current account to participate in the EMRA's Headspace Pilot by going to the [EMRA landing page link](#) and selecting, "Yes, I have an existing account".

### Is there any cost to me?

No, there is no monetary cost to members and you will not need to input any payment info during the signup process just be sure to go to the [EMRA landing page link](#) to enroll first.

### How does the Headspace App work?

Please watch [this short video](#) to learn more about the Headspace App and its content.

### I'm new to mindfulness, where should I begin?

Welcome! Check out this [section](#) of our Help Center for information on getting started, in-app features, language & voice options, and more.

### Does Headspace work? How can Headspace help me?

Yes! The Headspace science team is involved in numerous external and internal studies evaluating the effect of Headspace on a range of outcomes, including stress, mood, sleep, work performance, academic outcomes, sports training, and more. To date, we have over 51 collaborations (completed and underway) with external researchers at prestigious research institutions such as Stanford and the University of Southern California (USC).

In 40 published studies to date, Headspace has been shown to reduce stress, improve focus and reduce mind-wandering, increase resilience, increase compassion, and decrease aggression. Read more about findings to date and see a list of publications reporting on the impact of Headspace [here](#).

### Are there any studies that have looked at the impact of Headspace on health?

Yes! The Headspace science team is committed to studying the impact and efficacy of the app on various mental and physical health outcomes. Thus far, Headspace has been shown to reduce stress and symptoms of depression and anxiety among employed adults, and improve the quality of life for asthma and cancer patients, as well as caregivers. Currently underway are studies investigating the impact of Headspace on smoking cessation and outcomes in chronic disease populations.

The Headspace science team is committed to conducting research on our product to ensure it delivers benefits to our users. While our research is in progress, it's important to note that Headspace is not intended to diagnose, treat, cure, or prevent any disease or medical condition. Check out [www.headspace.com/science](http://www.headspace.com/science) for more info on our research.

### **What languages is Headspace available in?**

We are currently offering the ability to change your language between English, French, German, Spanish and Portuguese! We will continue to release more translated content over time.

#### **To change your language in the Headspace app:**

1. Open the Headspace app and tap on your PROFILE
2. Tap on the GEAR icon in the top of the screen
3. Tap "Language"
4. Select your desired language
5. Tap "Got It"
6. Then, you will see that any content we have available in that language will appear in that language.

You can find more Headspace For Work Member FAQs [here](#).