

## Headspace Enrollment Instructions:

### **If you are an existing Headspace Care user without a Headspace account:**

1. Head to the Headspace Care app.
2. If prompted to, set a password for your account.
3. Follow the prompts to download the latest version of the Headspace app.
4. Log into the Headspace app with your Headspace Care username and password.
5. Confirm your access to the Care tab in the Headspace app.
6. Delete the Headspace Care app. Both Headspace and Headspace Care services now live in one place.

### **If you are an existing Headspace member, with or without a Headspace Care account:**

1. Head to the Headspace app.
2. Follow the prompts to connect your Headspace Care account (if you have one).
3. Confirm your access to the Care tab in the Headspace app.
4. Delete the Headspace Care app (if applicable). Both Headspace and Headspace Care services now live in one place.

### **If you have never enrolled in Headspace:**

1. Head to <https://work.headspace.com/fisherinvestments/member-enroll>.
2. Enter your work email to verify your eligibility.
3. Look for a confirmation email to your work email to activate your account.
4. Enter your DOB and country.
5. Log into an existing account, or create a new one.
6. Complete the onboarding assessment.
7. Download the Headspace app on your phone.
8. Login with the same credentials that you used during the web-based enrollment process.
9. Enjoy using Headspace's services!