



Your family has access to Headspace, too

Headspace offers hundreds of meditations, sleepcasts, guided workouts, and focus music to help you incorporate mental wellbeing practices into the day-to-day of you and your loved ones.



To invite loved ones to your family plan:

1. Enroll in your Headspace benefit via Assurant's unique enrollment [link](#) or the QR code below.
2. Then, navigate to the Manage Accounts page on a web browser:
headspace.com/family/manage
3. Invite loved ones by inputting their email addresses.
4. Click 'Save' to ensure the invitation are sent. You'll see an 'invite sent' next to each person once they received an email from Headspace.



Get started with Headspace

work.headspace.com/assurant