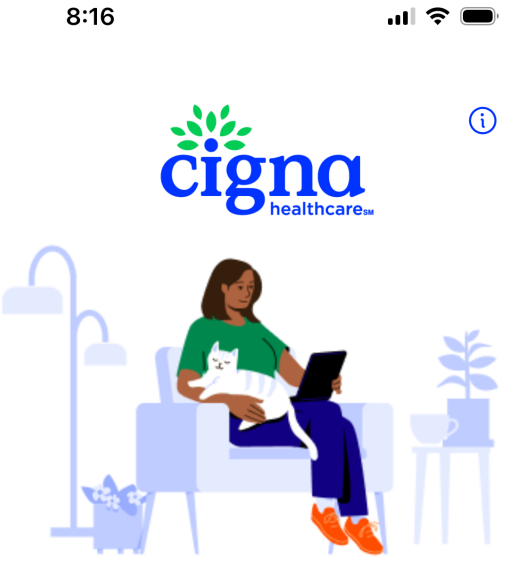


How to access Headspace for Cigna Healthcare from the myCigna app





Welcome to myCigna

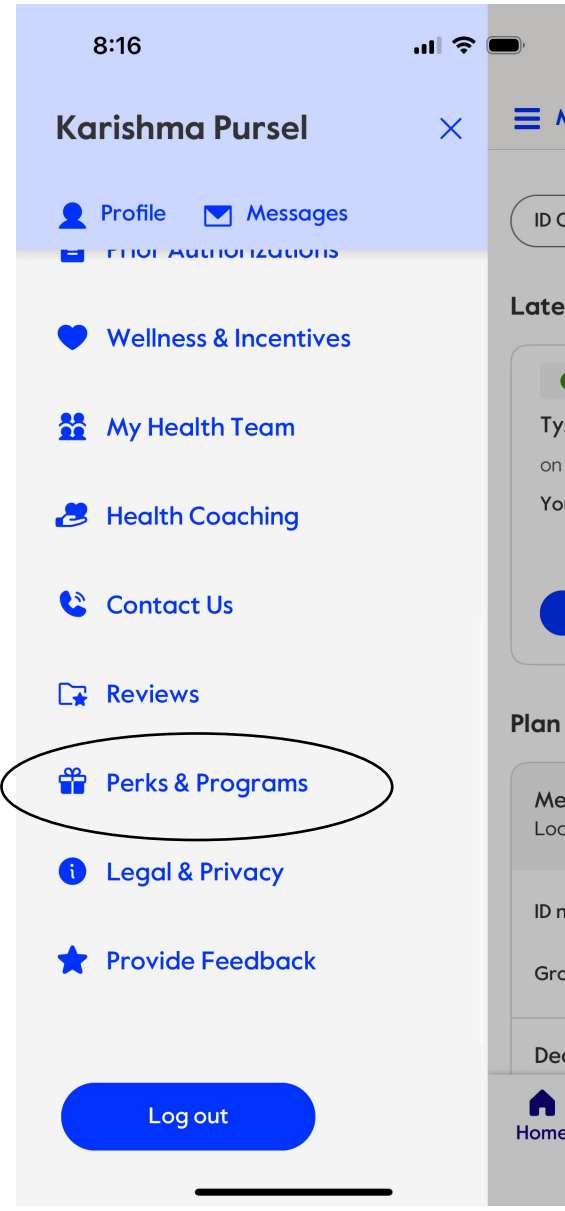
Log in to manage your plan. Don't have an account? Register today.

Log in

Register

Step 1: Log onto myCigna on your smartphone.

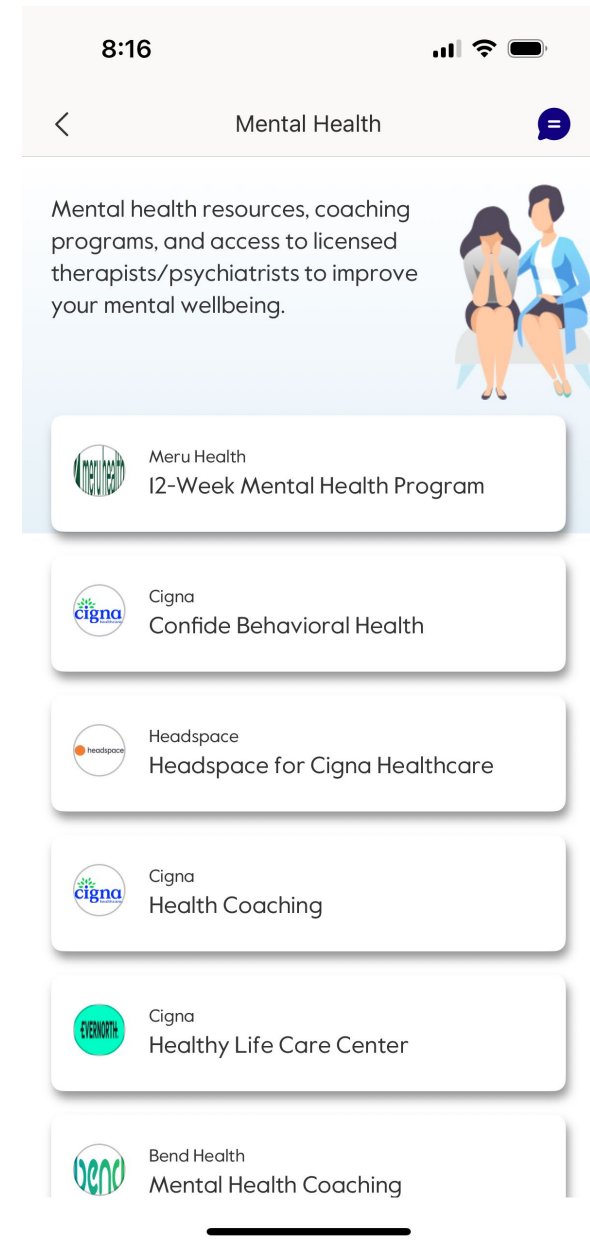
Step 2: Click the 3 lines on the top left. Click on Perks and Programs.

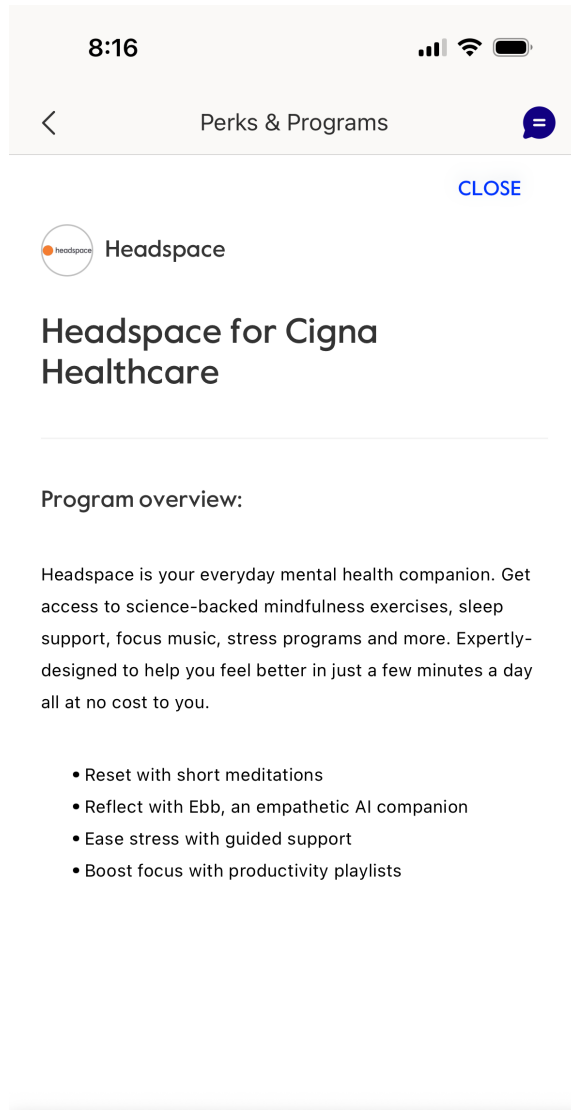




Step 3: Click on Mental Health.

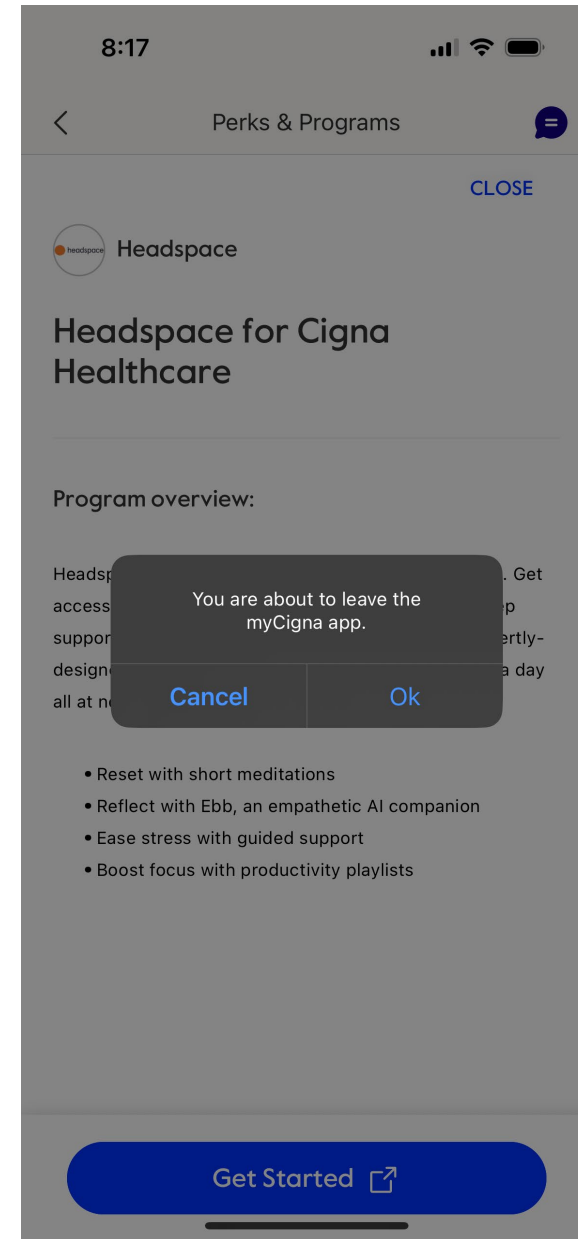
Step 4: Click on Headspace for Cigna Healthcare.

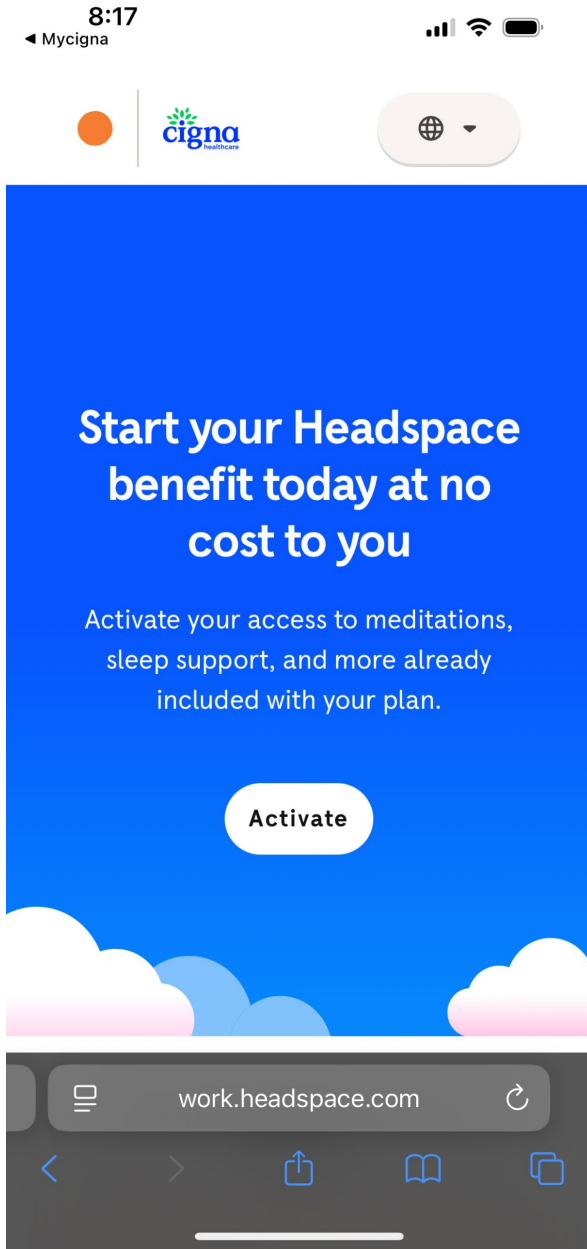




Step 5: Click on Get Started.

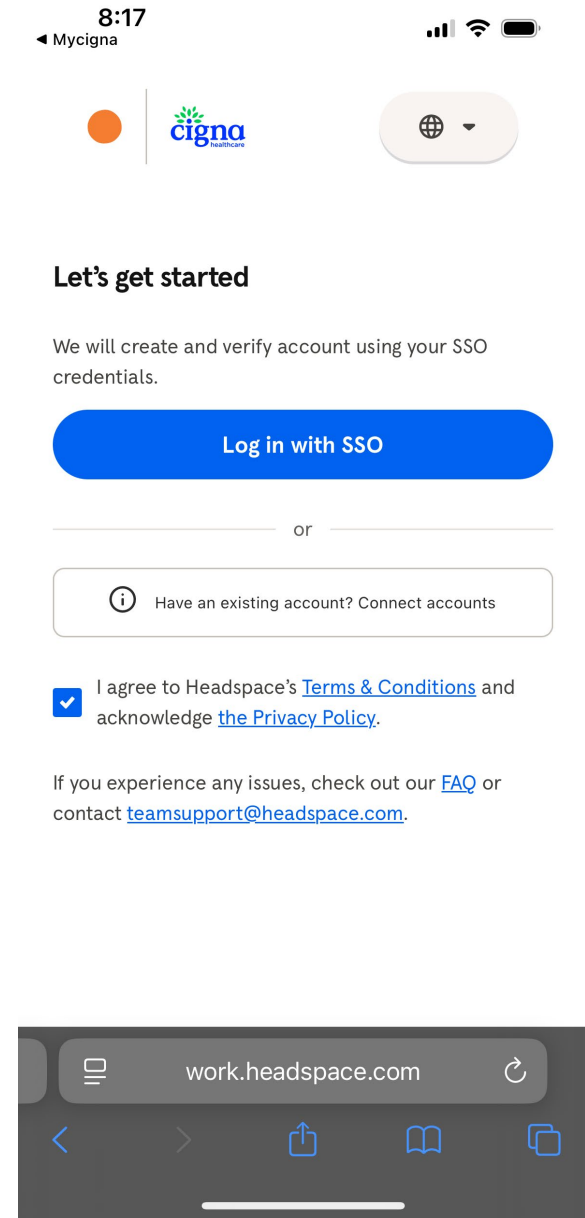
Step 6: A box will pop up indicating you are leaving the myCigna app, click ok.





Step 7: Click on Activate.

Step 8: Click on Log in with SSO (or, if you already have a Headspace account, choose "Have an existing account? Connect accounts")





Contact

Two-Step Authentication

[← Back](#)

Where should we send your authentication code?

You'll need to enter this one-time code to log in to your account.

Mobile Phone Number

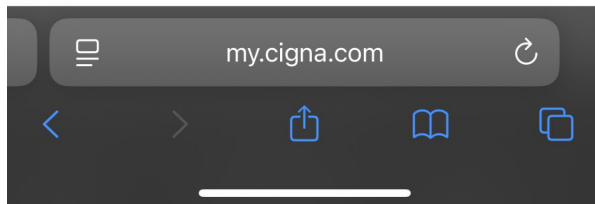
(***) ***-0490

Email Address

k...l@cignahealthcare.com

Send Code

[Cancel](#)



Step 9: Go through Two-Step Authentication by prompting the site to send you a code to either phone or email.

Step 10: Click on Download Headspace.



Your account has been created.



Once you download the app, look for the option to log in using SSO.

Next steps



Install the Headspace app



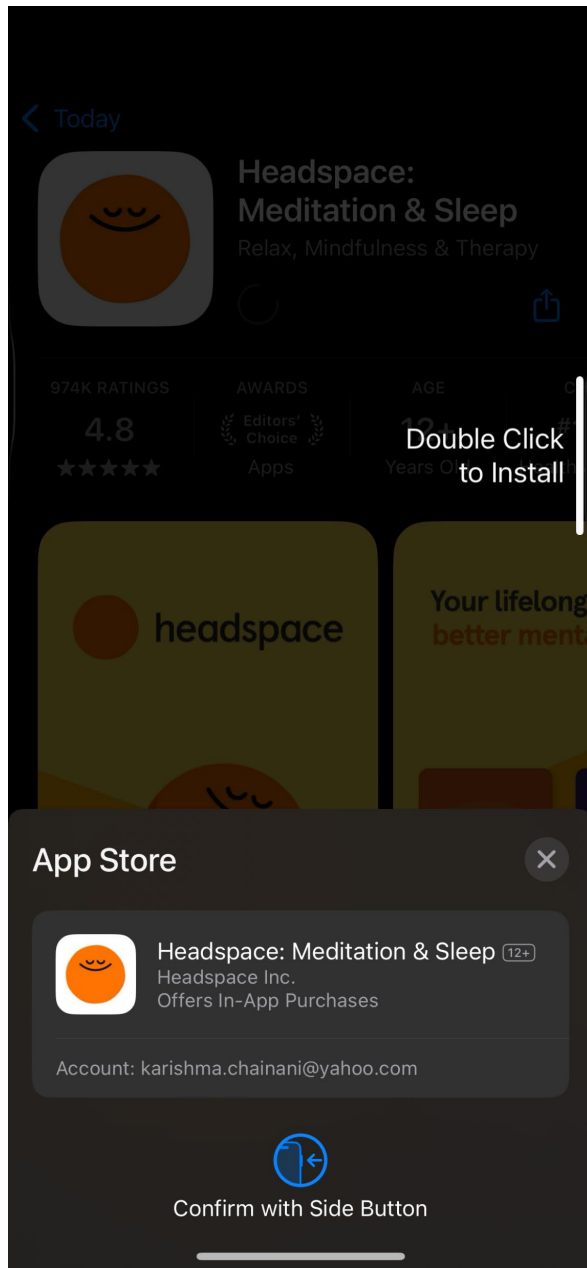
Select the option to Log in and then "Log in with SSO"



Find your organization, sign in, and begin your journey

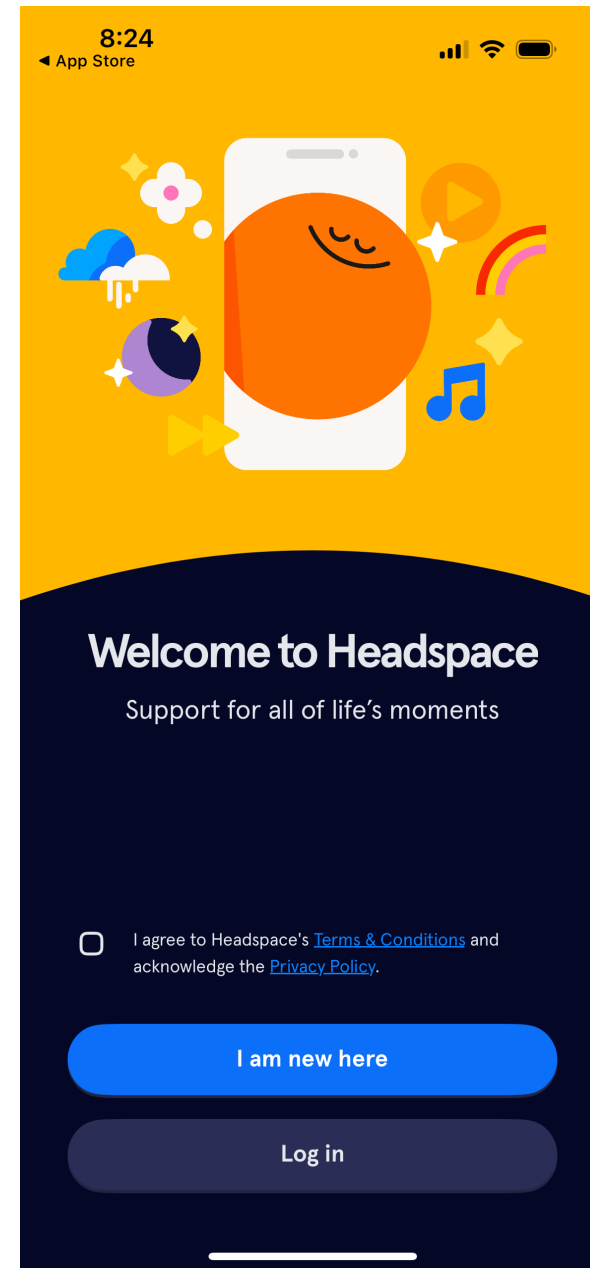
[Download Headspace](#)

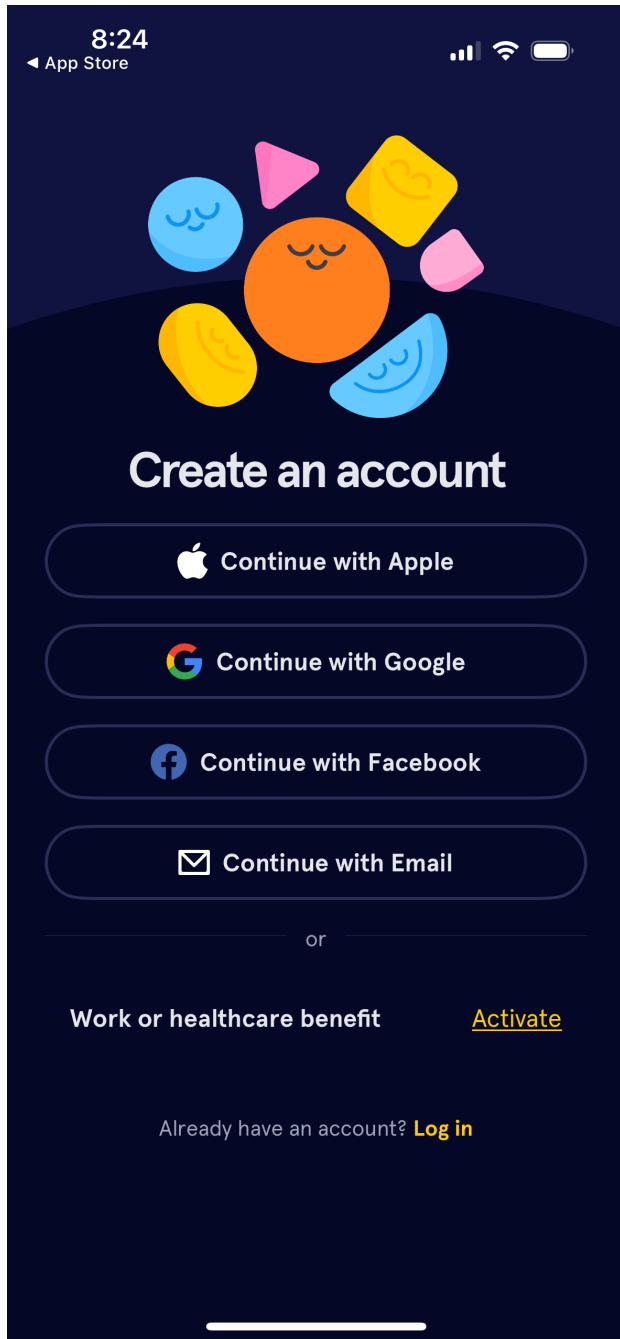
work.headspace.com



Step 11: Install Headspace app.

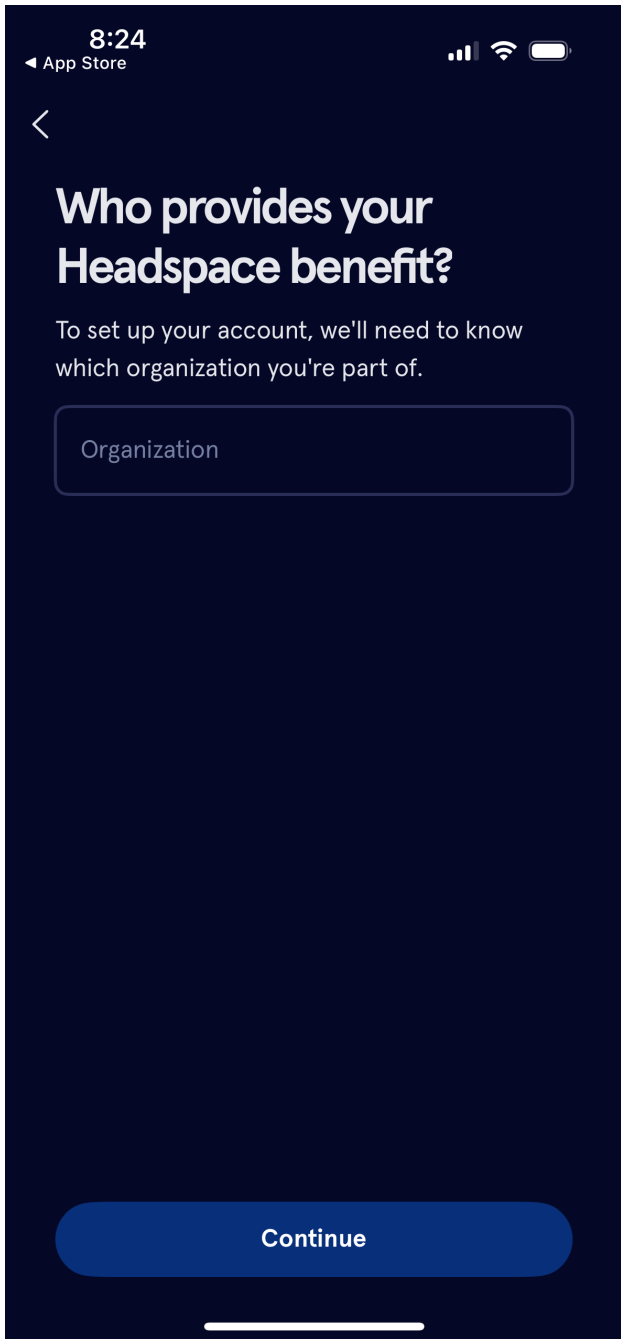
Step 12: Check box to agree to terms and click "I am new here"

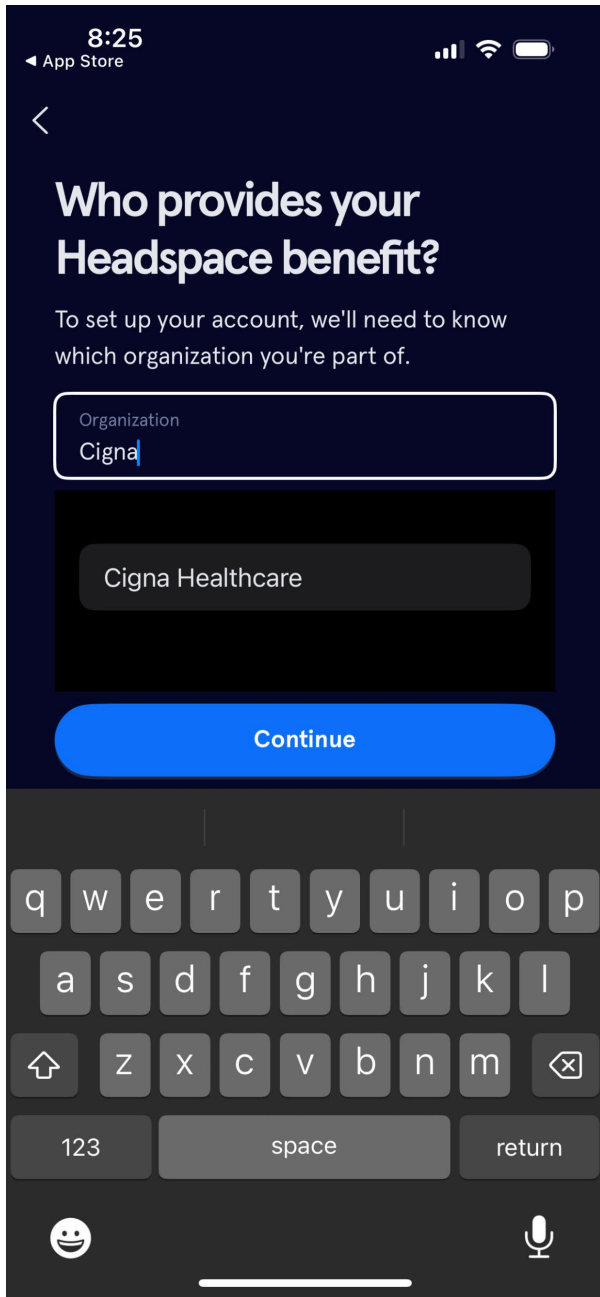




Step 13: Click on Activate next to Work or healthcare benefit.

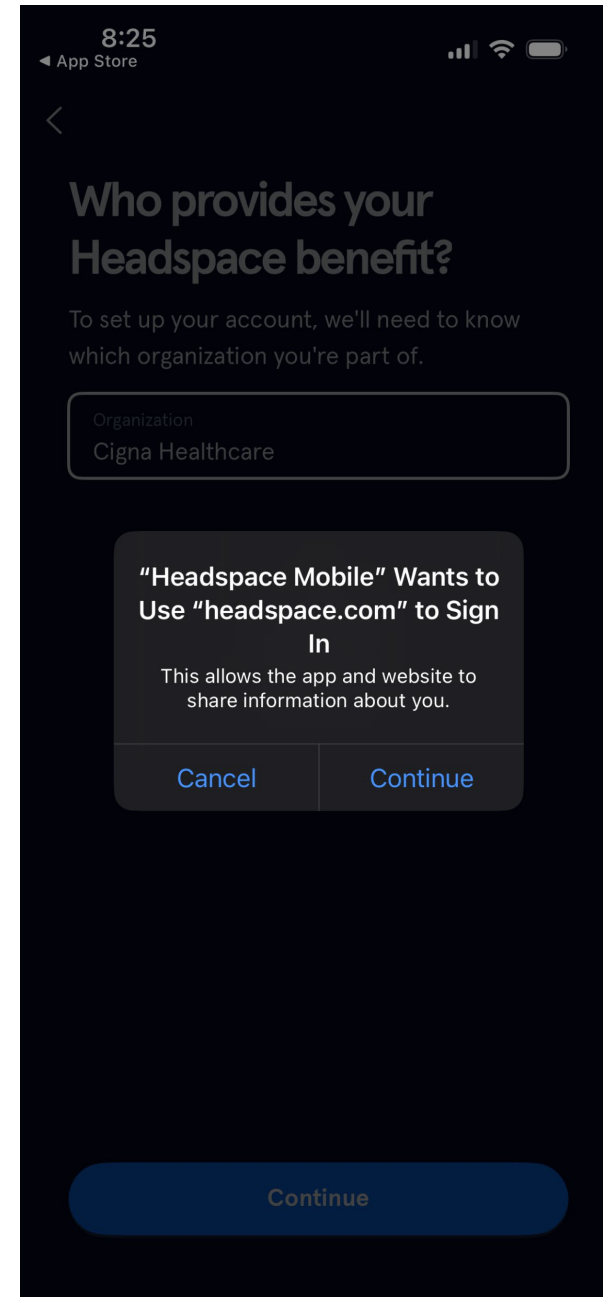
Step 14: Start typing Cigna into the box.

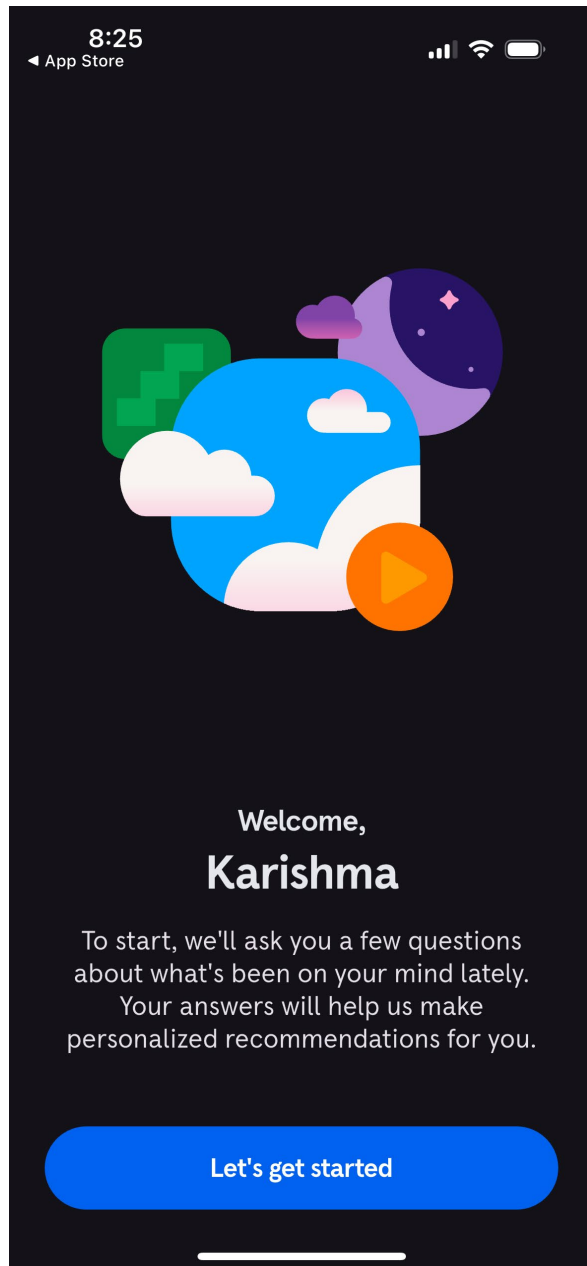




Step 15: As you type in Cigna, Cigna Healthcare will auto populate. Click on Cigna Healthcare and Continue.

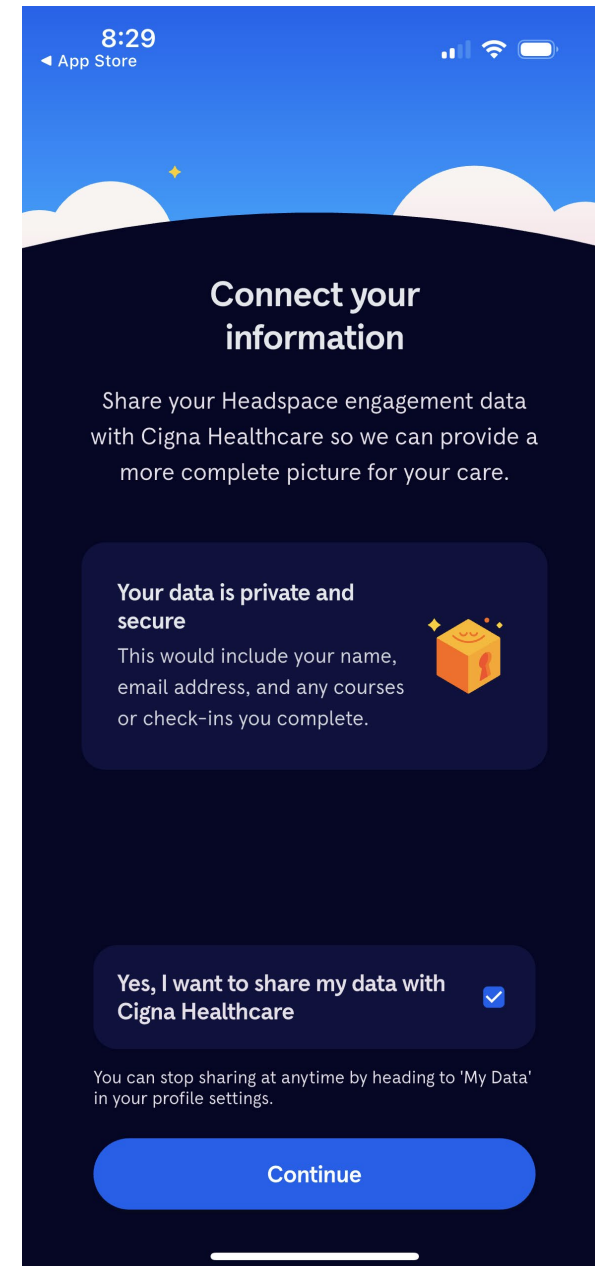
Step 16: Click Continue.

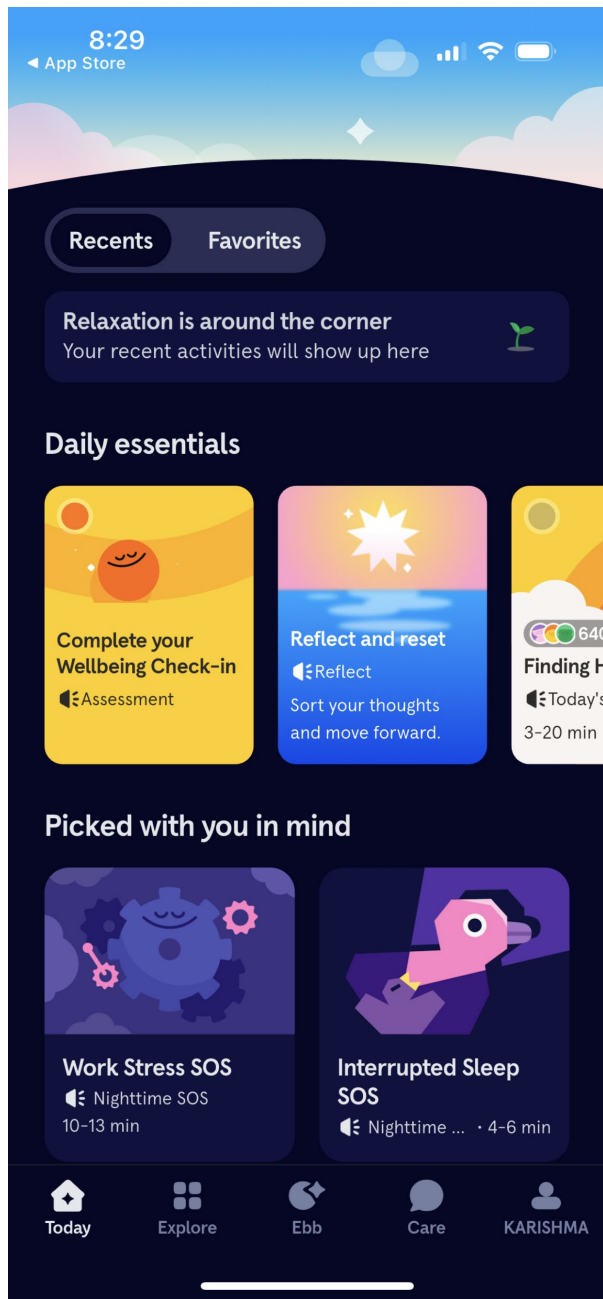




Step 17: You will see a Welcome message. Click Let's get started.

Step 18: Click the box if you want to share data with Cigna or leave it unchecked if you do not want to share data with Cigna. Click Continue.





Step 19: Answer a few questions based on what you want to get out of your experience. Your dashboard page will reflect your choices and prompt content just for you!

On the bottom left is your profile that will show your streaks and other statistics.

