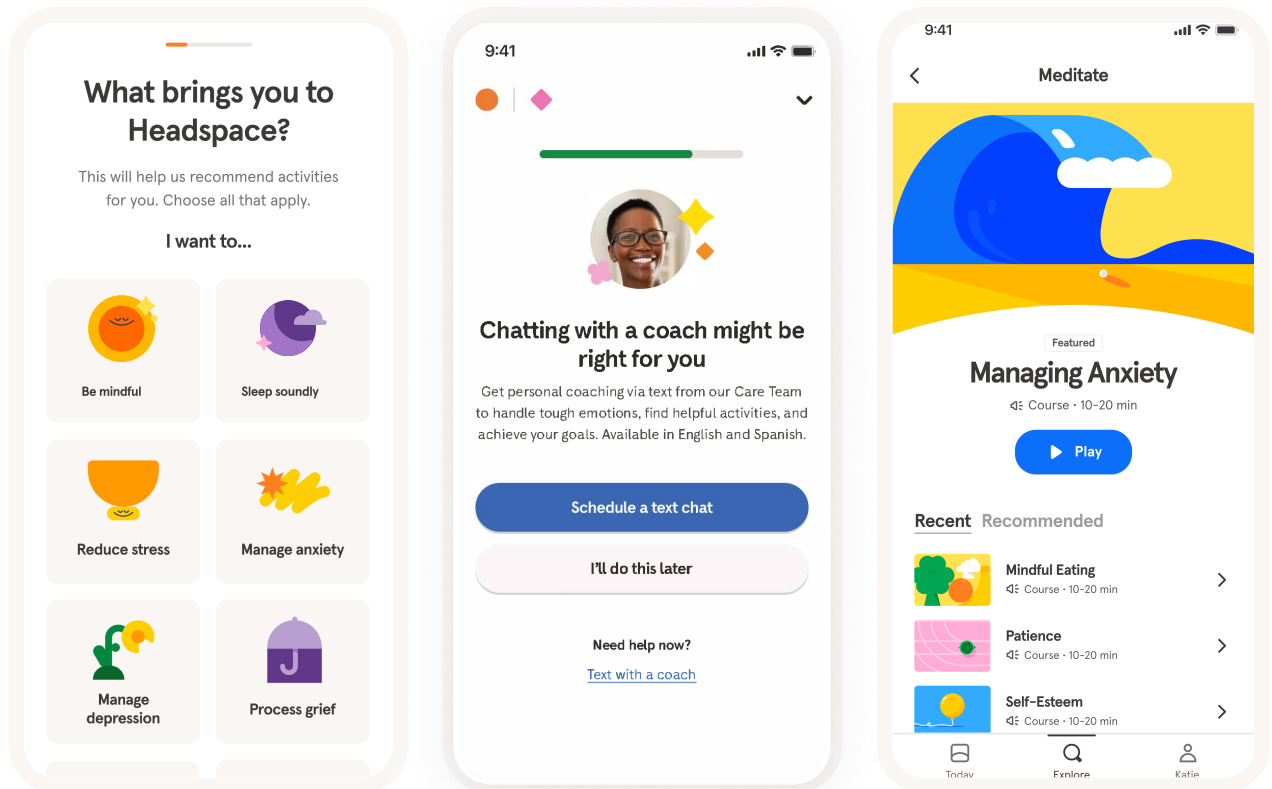


Say Hello to Headspace



Access to immediate mental health support and meditations

Headspace is your personal guide. With hundreds of guided exercises for meditation, sleep, focus, and movement, plus one-on-one guidance from coaches and clinicians, Headspace will help you feel like your best self.



Get started
<https://work.headspace.com/sanmateocounty/member-enroll>

Aetna provides confidential mental healthcare to you and your dependents. Headspace offers access to one-on-one coaching support and hundreds of mindfulness exercises at no cost. Video-based therapy and psychiatry services are available, with coverage based on your health plan.

Have a question?
Visit help.headspace.com

