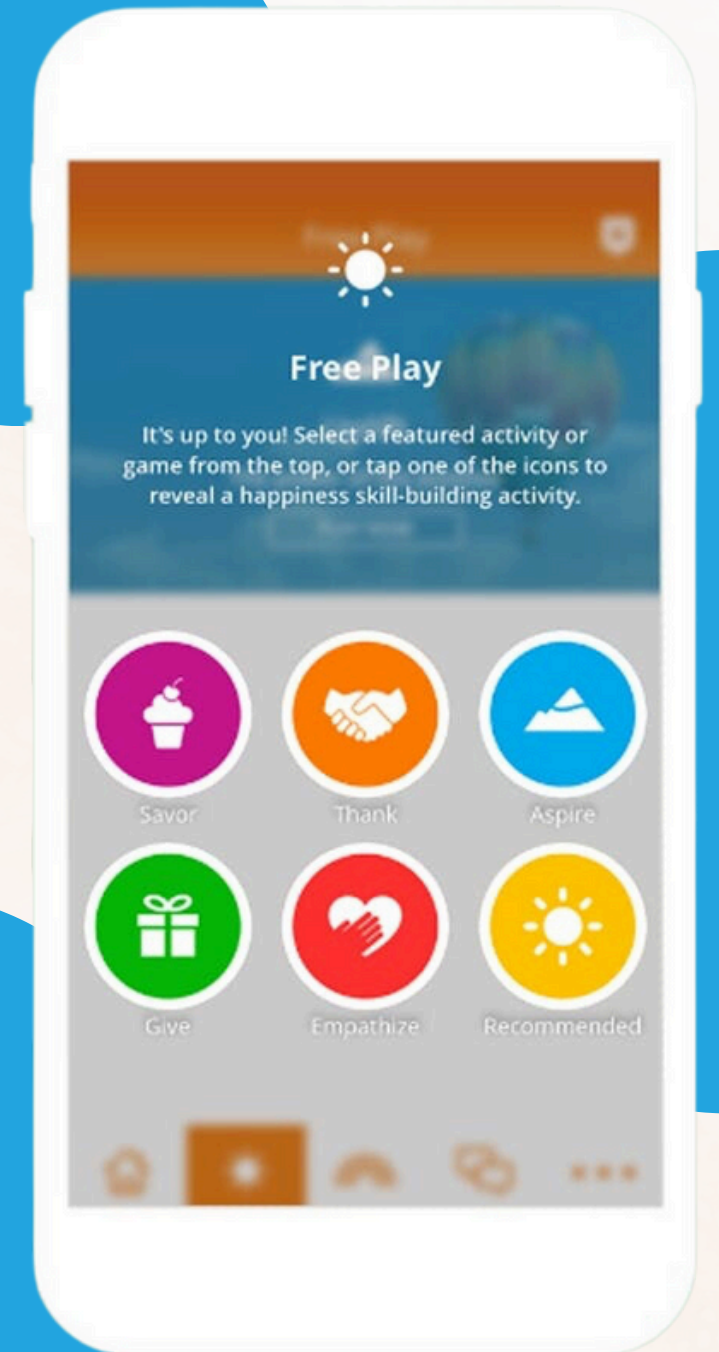


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Your everyday **mental health** app...

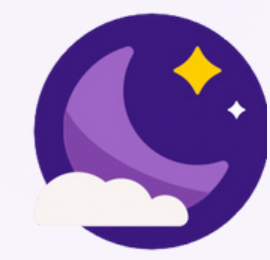
Headspace brings together its world-renowned meditation and mindfulness programs with Ginger's virtual mental healthcare.



Meditation Made Simple



Stress Less In Minutes



Put Your Mind To Bed



Have more good days with support for stress, sleep, and all of life's moments.



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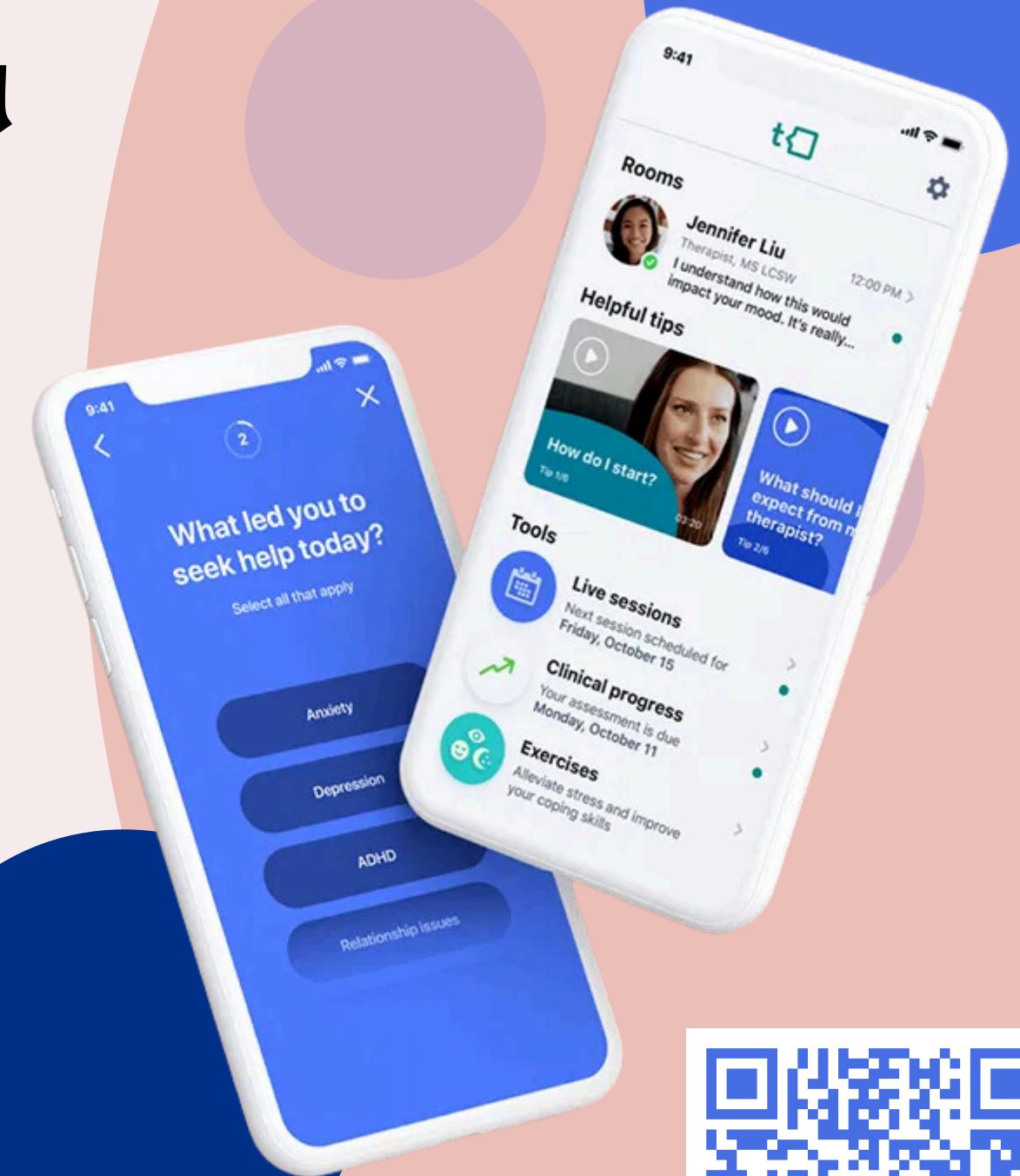


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Taking care of your mental health has never been more accessible or convenient.



- Licensed Therapists
- Text, voice, and video messaging options
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- Tailored therapy plans to fit individual needs
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- **Reduce negativity and feelings of depression**
- **Decrease stress from relationships, work, school, and daily life**
- **Build resilience and positivity**



Visit myCigna.com and click on the iPrevail link to get started.

