headspace | cigna healthcare

Getting started with Headspace for Cigna Healthcare

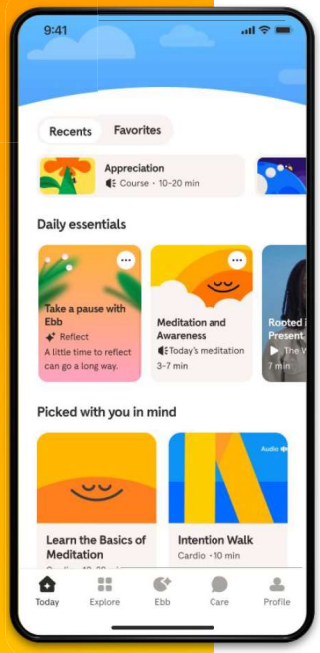
An everyday mental health app available
to you **at no cost** through your Cigna Healthcare® plan



Headspace is your go-to mental health app — a companion to guide you through all of life's moments.

Taking care of your mental health is just as important as maintaining your physical health.

Headspace by Cigna Healthcare gives you easy to use, science-backed tools to help you sleep better, stress less, and focus more — right from the privacy of your phone.

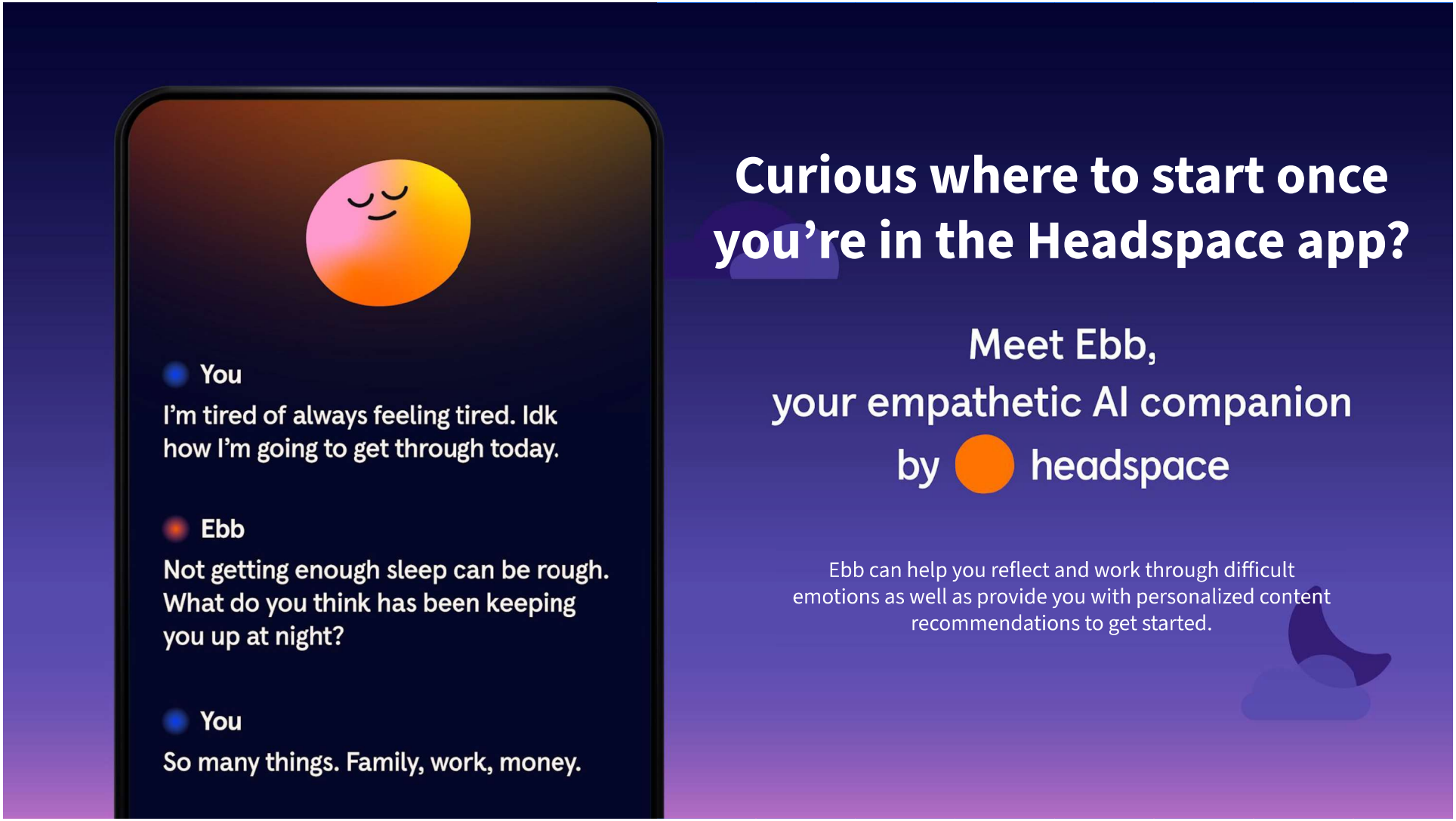


At no cost, you have access to:

A library of guided meditations and mindfulness exercises: Build resilience, learn new skills, and manage stress in the moment.

Sleep support: Explore relaxation exercises, sleepcasts, and soothing soundscapes designed to help you sleep better and wake up refreshed.

Expert-led programs: Move through guided programs at your own pace focused on navigating stress, sleeping better, or managing anxiety. You can even take assessments to see your results.


You
I'm tired of always feeling tired. Idk how I'm going to get through today.
Ebb
Not getting enough sleep can be rough. What do you think has been keeping you up at night?
You
So many things. Family, work, money.
Curious where to start once you're in the Headspace app?
Meet Ebb,
your empathetic AI companion
by headspace
Ebb can help you reflect and work through difficult emotions as well as provide you with personalized content recommendations to get started.

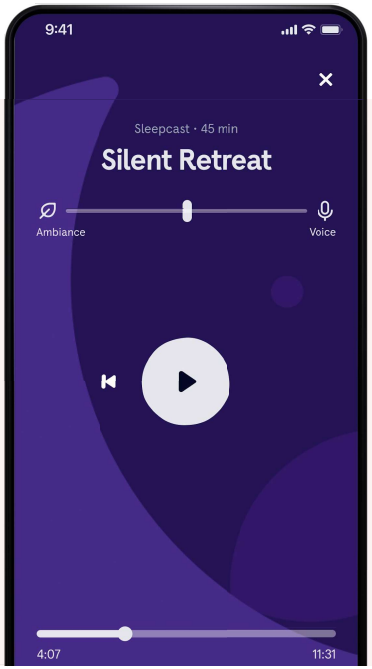
Designed by experts and delivered with care.

From guided meditations to sleep support, stress management, and mindfulness tools — explore a wide range of science-backed exercises designed by experts to support you.

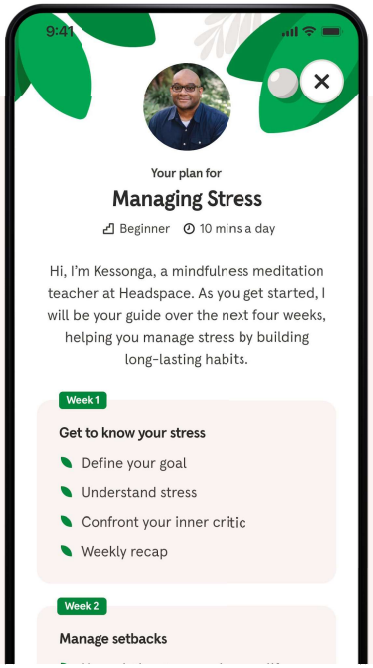
Guided Meditations



Sleep Support

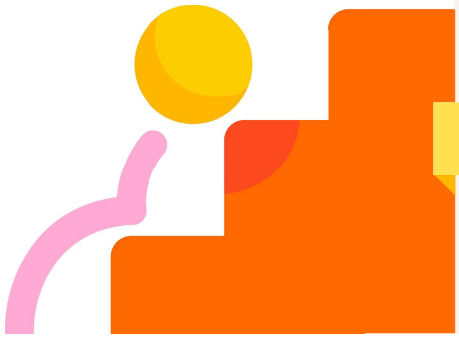


Expert-led Programs



Getting started with Headspace for Cigna Healthcare is easy:

*It only takes around **two minutes** to sign up*



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Step One

Click here to verify your eligibility on myCigna® and be routed to Headspace.

Step Two

Create a new Headspace account or connect a current account to your sponsored membership.

Step Three

Download the Headspace app. Scan with your phone's camera to open Headspace on the iOS or Android app store.

Scan for iOS

Scan for Android

Step Four

Login with your new credentials and you're all set!

Questions?
We're here to help.

Email: *help@headspace.com*

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Activate your no-cost Headspace for Cigna Healthcare access — click here to get started

30 days of using Headspace improves sleep efficiency[1]

10 min a day to start to feel happier and more calm[2]

2 wks of using Headspace lowers stress and feelings of anxiety[3]

1. Journal of Cognitive Enhancement (Kirk 2021) 2. Annals of Behavioral Medicine (Zawadzki 2025)
3. Journal of Behavioral Addictions (Quinones 2019)