



Unlock everything Headspace at no cost

Sign up for Headspace through your Cigna Healthcare® plan and access hundreds of tools to help you stress less, sleep soundly, and start your day feeling your best.

With Headspace you can:



Stress less

Reduce stress with our guided Managing Stress Program



Move more

Try feel-good yoga and tension-relieving workouts



Sleep soundly

Get deep, supportive rest with sleepcasts and music



Feel understood

Chat with Ebb, your 24/7 AI companion, for stress relief, thoughtful prompts, and moments of calm anytime, anywhere



Stay present

Tune out distractions with Focus playlists

Scan the QR code to start or [click this link](#) to start on myCigna®

