

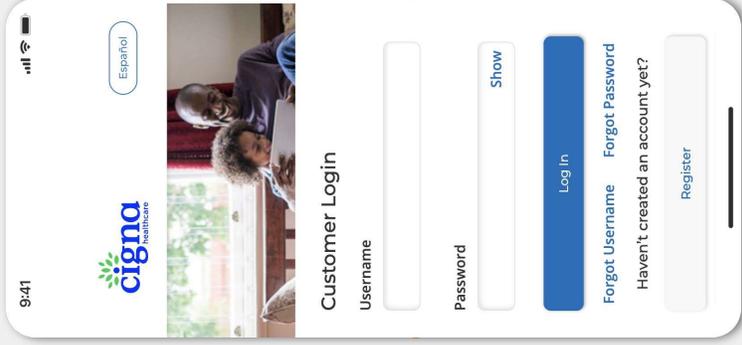
Getting Started Guide

First, get started →

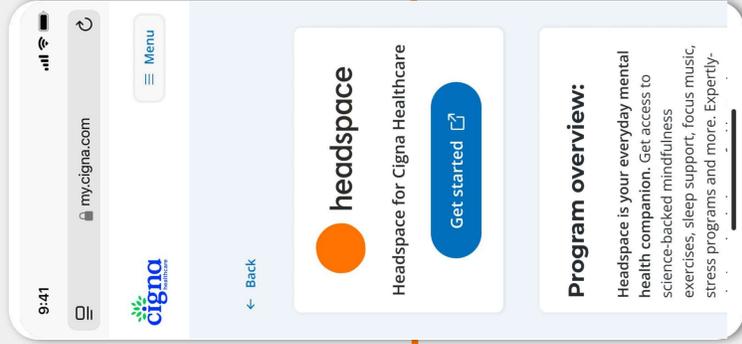
Scan the QR code to get started
or [click this link](#) to start on myCigna.
The link will prompt you / the member
to sign into their myCigna account.



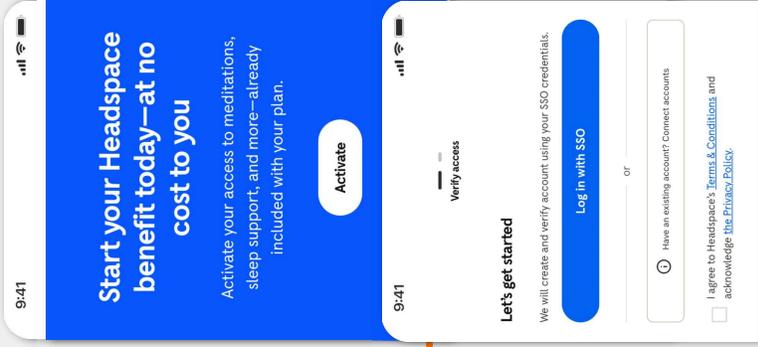
Once started, follow the below to activate access →



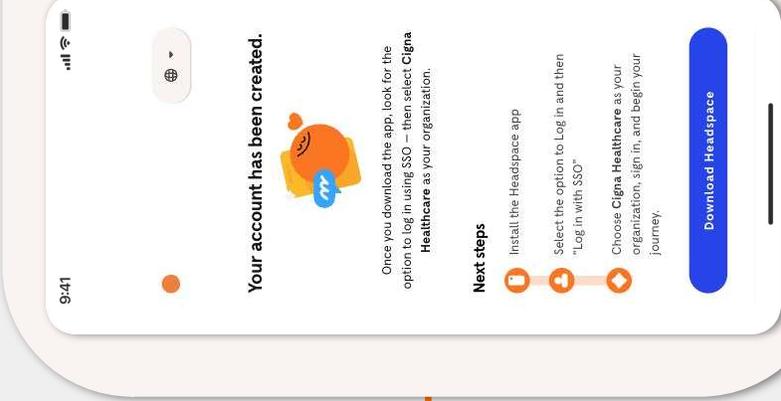
Log In to myCigna



Select (or Tap) **Get started**



Select (or Tap) **Activate**, then select 'Log in with SSO'



The app download screen will load and direct the member to the app store for downloading the Headspace app.

Important to note we use single sign on (SSO) for accessing the Headspace app.

It is also important to read through the “Next steps” section before downloading.

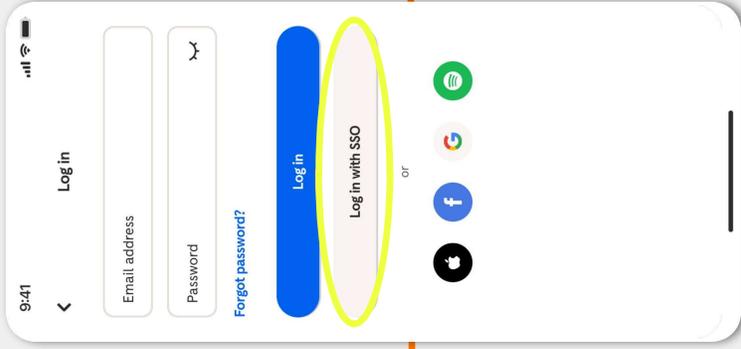
Download the Headspace app



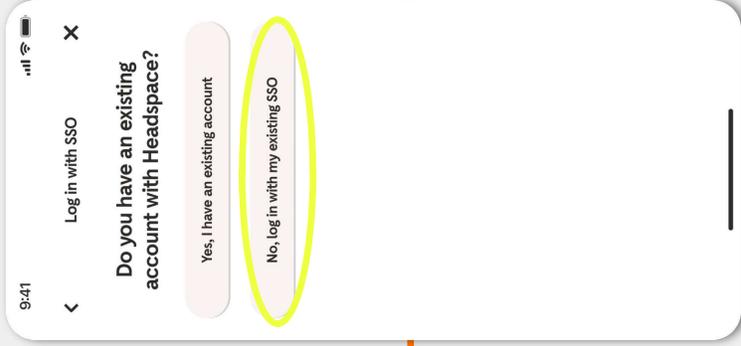
Now that you've downloaded the Headspace app →



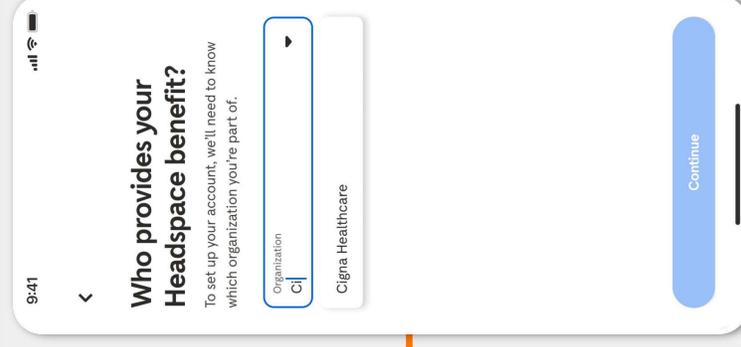
Check the box to accept the Terms & Conditions and select **Log In**



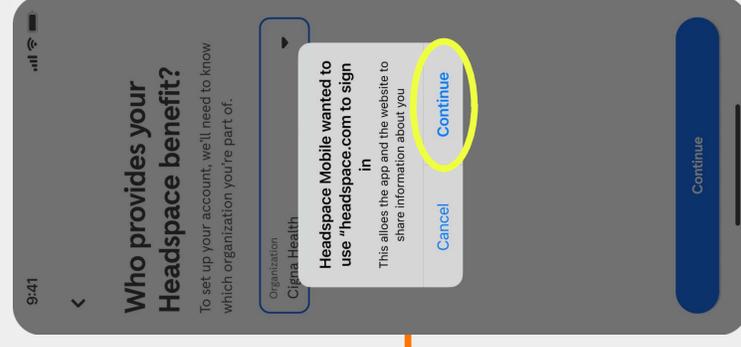
Now select **Log In with SSO button**



Next is the existing account screen, select **No, log in with my existing SSO**

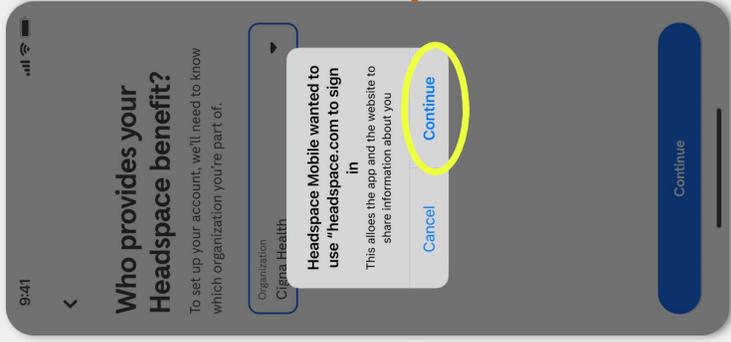


Next you'll be asked what organization provides access, tap the arrow and enter **Cigna Healthcare** to continue

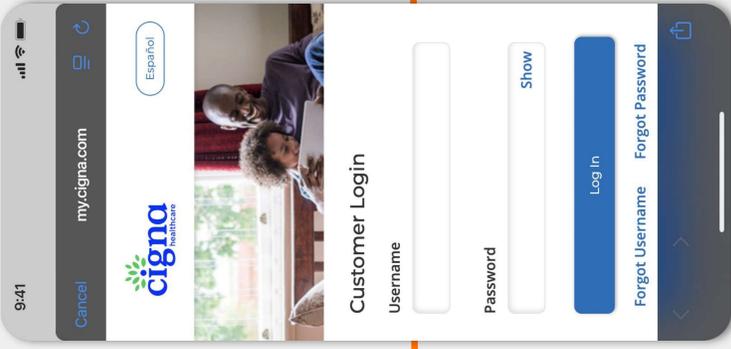


From there it will link you back to the myCigna portal. Tap **Continue**

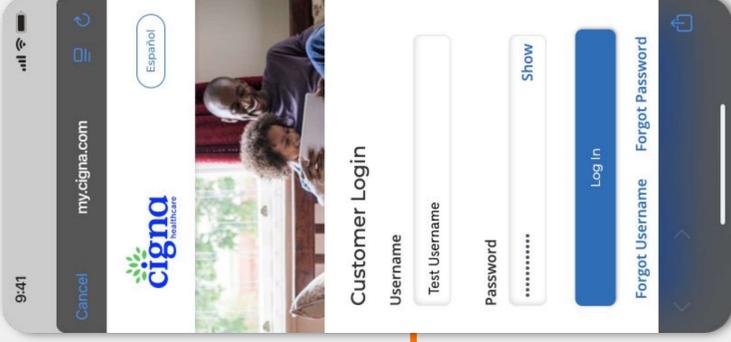
Last step to connect your myCigna login →



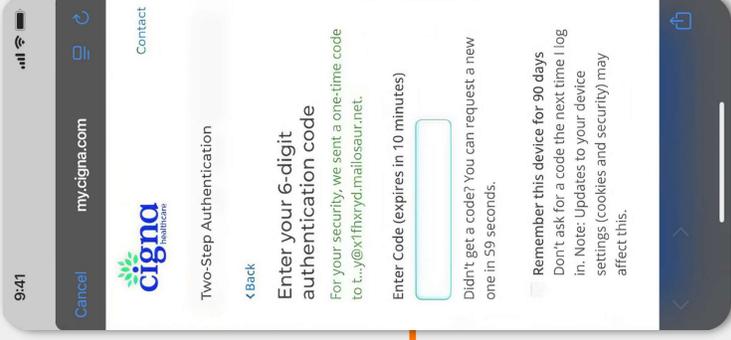
After **Continue**, myCigna log in appears



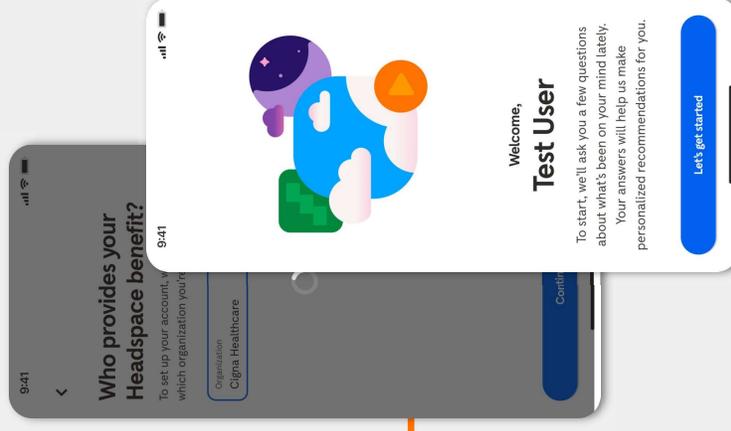
Enter your **myCigna** credentials



Tap **Log In** once completed



Enter **authentication code** from your email to connect



The screen will load back to the Headspace app to confirm you're set up and start your personalized onboarding!

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