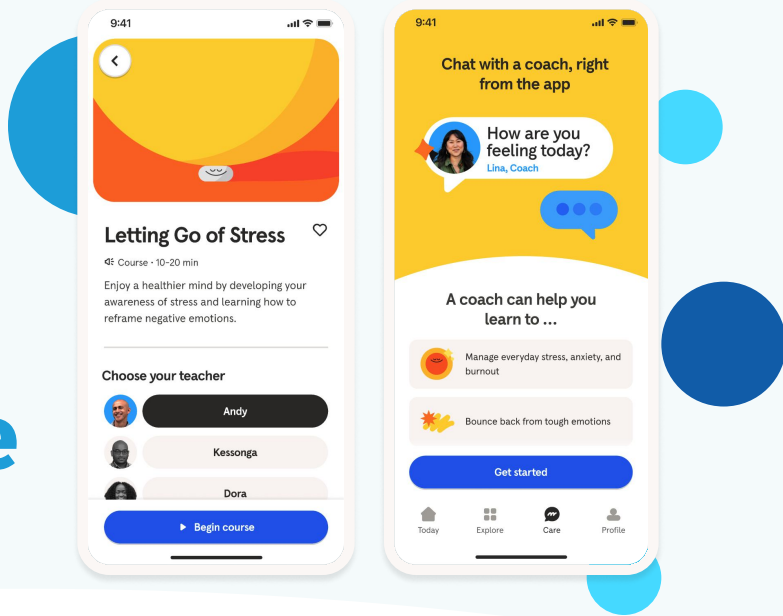


Accessible and high-quality mental healthcare







What is Headspace Care?

Headspace Care unites therapy, psychiatry, on-demand coaching and guided meditations into a single system to deliver an ongoing, human-centered experience that supports mental health.

- Evidence-based therapy
- High-quality psychiatry
- Unlimited mental health coaching
- On-demand meditations and mindfulness exercises

Readily available mental health program

 <p>24/7 Access to coaching and skill-building resources*</p>	 <p>2 mins Average time to access coaching resources†</p>	 <p>2 days Average time to access therapy resources‡</p>	 <p>6 sessions With a psychiatrist or therapist per year included#</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------

Results that matter

- 85% of members experienced an improvement in depression symptoms after 6-16 weeks.‡
- 83% of members experienced an improvement in anxiety symptoms after 6-16 weeks.‡

*Members have 24/7 messaging with behavioral coaching and access to skill-building resources including meditation and mindfulness, 365 days a year.
 †Statistic provided by Headspace, based on members who engaged in coaching and clinical services, collected as analytics and with user insight surveys. More information about outcomes and mental health results is available upon request.
 ‡Six sessions of in-house therapy or psychiatry are included at no charge to the member as part of Headspace Care. Members can use their health insurance or pay out of pocket for additional therapy.

How to offer Headspace Care to your members?

Enhance your mental health program with Headspace Care's continuous, connected system that meets the unique needs of employees and their families.

- Preferred pricing
- Simplified administration
- Easy access for members
- Employer-paid mental healthcare

\$8.50
per employee, per month†

Ready to get started?

If you are interested, let our team know by replying to this email or sending an email to headspacecare@beambenefits.com

†Sales tax is included in the price.

Headspace Care Frequently Asked Questions

Q: How does Headspace Care differ from the consumer Headspace app?

A: Headspace Care is designed for employer-sponsored mental health benefits. While it includes the consumer app features such as guided meditations and mindfulness exercises, it has additional services like therapy, psychiatry, and on-demand coaching, which are not available in the standard consumer version. These services are designed to support employee mental health journeys.

Q: How is Headspace Care different from an Employee Assistance Program (EAP) or other mental health programs?

A: While EAPs and other mental health programs provide support, Headspace Care offers a more holistic and proactive approach. It integrates therapy, psychiatry, and coaching into a continuous care model, rather than just offering reactive support during a crisis. This proactive model for ongoing mental wellness, prevention, and early intervention leads to more sustainable outcomes.

Q: What is the enrollment process for Headspace Care?

A: Enrollment in Headspace Care is streamlined for ease of use. Once an employer decides to offer Headspace Care as a benefit, they send an enrollment census to Beam, and employees receive an invitation with instructions to sign up through a dedicated portal.

Q: How does Headspace Care work with my existing medical insurance mental health benefits?

A: Headspace Care enhances your existing mental health benefits by providing immediate access to therapy, psychiatry, 24/7 coaching, and guided meditations without needing a referral. For therapy or psychiatry, the first six sessions annually are covered directly through Headspace Care. If further sessions are necessary, Headspace can facilitate billing with your medical insurance, ensuring continuous and comprehensive mental health support. This integrated approach offers both immediate resources and extended coverage, optimizing your mental wellness journey.

Find more questions and answers about Headspace Care with Beam [HERE](#)



Best of Beam Benefits and Headspace

Beam manages group-level benefit administration and billing, while Headspace offers mental health services all at preferred pricing.



Why Beam?

Beam takes a modern approach to delivering benefits plans that are easy to understand and easy to use for small businesses.

Get started with Beam today!

Questions help.beambenefits.com

Support support@beambenefits.com | (800) 648-1179

Learn more beambenefits.com

Quote Disclaimers

This quote is provided for informational purposes only and does not constitute an offer or a guarantee of coverage. Beam Benefits, in connection with Headspace, sells Headspace Care as a supplemental non-insurance benefit. Headspace Care is not a covered benefit under any health plan, and participation in Headspace Care does not affect any health insurance coverage you may have. Beam Benefits markets, quotes, bills, and provides group-level benefit administration, while Headspace provides member-level services for Headspace Care.

This quote does not alter the terms of any insurance policy issued by Beam Benefits or any of its partners. Coverage under any insurance policy is governed solely by the terms of the policy itself, and not by any statements or representations made in this quote. Coverage is subject to underwriting approval and may not be available in all states or for all groups. Benefits and services may vary based on location, group size, and plan design and are subject to change without notice.

Pricing is indicative based on the information provided and is subject to change upon final review. All services offered through Headspace Care are provided by Headspace, which is solely responsible for their provision and quality. Beam Benefits does not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, service, or process disclosed in this quote.

THIS IS AN EXCEPTED BENEFITS POLICY. IT PROVIDES COVERAGE ONLY FOR THE LIMITED BENEFITS OR SERVICES SPECIFIED IN THE POLICY.

BEAM BENEFITS DOES NOT WARRANT OR ASSUME ANY LEGAL LIABILITY OR RESPONSIBILITY FOR THE ACCURACY, COMPLETENESS, OR USEFULNESS OF ANY INFORMATION, SERVICE, OR PROCESS DISCLOSED IN THIS QUOTE.

For full terms and conditions of the services provided by Headspace Care, please refer to the Headspace Care agreement. By utilizing Headspace Care, you agree to be bound by the Headspace Care terms and conditions and acknowledge that Beam Benefits is not responsible for the provision of Headspace Care services.

For any questions or to proceed with Headspace Care detailed in this quote, please contact your Beam Benefits representative or the support team at Beam Benefits.

Headspace and Beam Benefits are separate and non-affiliated companies.

Any product names, logos, brands, and other trademarks or images featured or referred to are the property of their respective trademark holders. These trademark holders are not affiliated with Beam or its website. These trademark holders do not sponsor or endorse Beam or any of its products or comments. Beam declares no affiliation, sponsorship, nor any partnerships with any registered trademarks unless otherwise stated.

Beam Benefits, 80 E Rich St, Suite 400, Columbus, OH 43215

Headspace, 2415 Michigan Ave, Santa Monica, CA 90404

BM-GRQ-0041-202405



Why Beam?

Beam takes a modern approach to delivering benefits plans that are easy to understand and easy to use for small businesses.

Get started with Beam today!

Questions help.beambenefits.com

Support support@beambenefits.com | (800) 648-1179

Learn more beambenefits.com