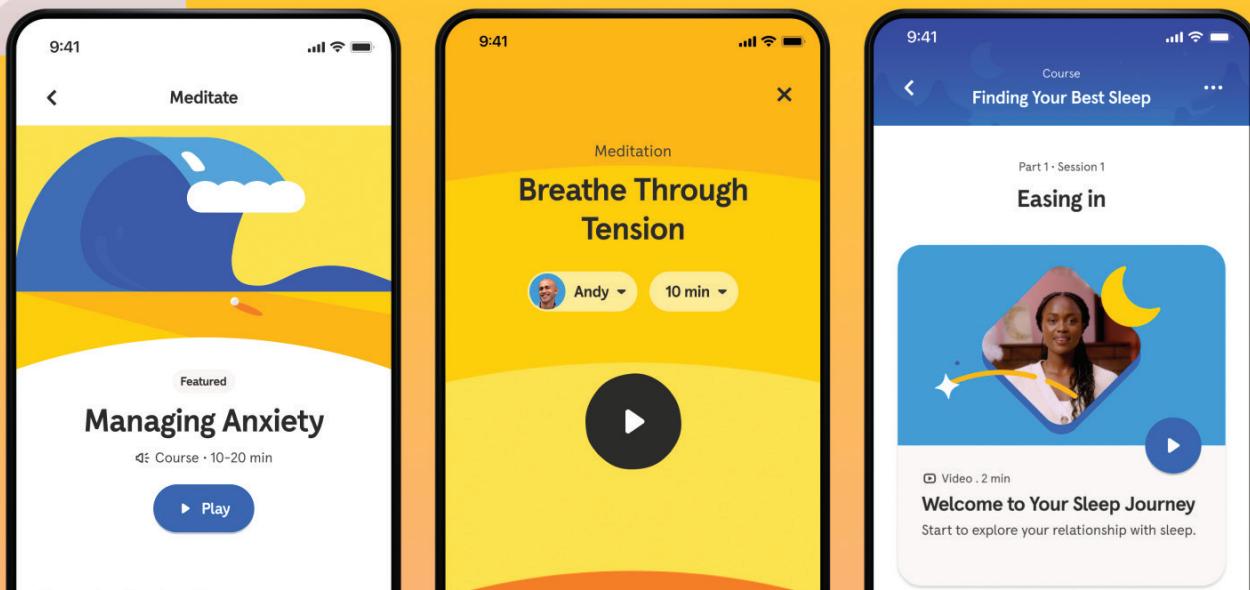




# Headspace is here for you



However you're feeling, whatever you're dealing with now, tomorrow, or in the future, Headspace is your everyday app for feeling better.

The best part? HealthTrust offers Headspace as a benefit for medical Enrollees at no cost. Plus, once you join, you can invite up to five family members or friends.

## JOIN SLICE OF LIFE TODAY



If you haven't registered yet, sign in and start your journey today. You must be registered in the Slice of Life program to join Headspace.\* [healthtrustnh.tiny.us/JoinSOL](http://healthtrustnh.tiny.us/JoinSOL)

## ALREADY ENROLLED IN SLICE OF LIFE?

To join Headspace, visit the benefits page in the Personify Health platform or look for the Headspace Daily Card.



### What members say

*"There's a 'before and after' Headspace in my life. It has helped me learn so much about myself and helped me manage my anxiety."*

\* Once you register, it may take up to 7 days for you to be eligible to join Headspace.