

Eligibility: All CML employees  
Paid by: 100% CML paid

# Be kind to your mind

Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly. Meditation helps you to be more mindful – and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus, and movement.

Columbus Metropolitan Library is excited to launch a new partnership with Headspace. You'll have free access to the entire Headspace library.

## Headspace loves science

Just 10 days of Headspace can increase happiness by 16%.

## Join over 70 million

Connect with friends and over 70 million people who have downloaded the app.

### Meditation

Guided meditations on topics like stress, self-esteem, and relationships, plus meditations for kids

### Sleep

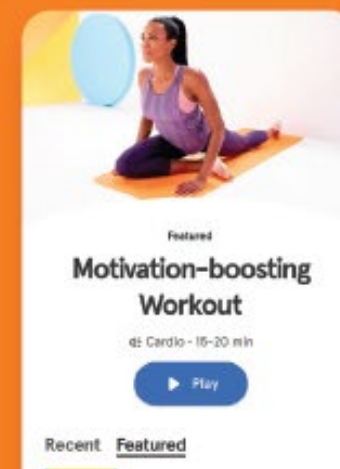
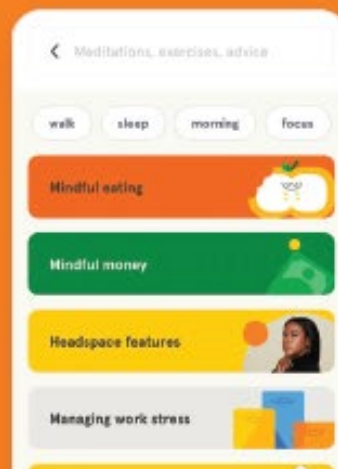
Sleepcasts, music, and bedtime audio for restful nights

### Move

Quick workouts and guided cardio for body and mind

### Focus

Meditations and music to help you zoom in on what matters



## Get started

Just follow these steps to sign up and start your journey. Need help? Headspace is here at [teamsupport@headspace.com](mailto:teamsupport@headspace.com)

1 Visit [Columbus Metropolitan Library Enrollment Page](#)

2 Create a Headspace account or log in with an existing account and verify your Columbus Metropolitan Library email address

3 Download the Headspace app and get started





# Inviting family or friends to join Headspace

- **New Headspace Enrollees**

- You will be taken to you Manage accounts page where you can invite family or friends via email.

- **Existing Headspace Enrollees**

- <https://www.headspace.com/family/manage> -> Follow the prompts
- Or you can go to Accounts tab on my.headspace.com
  - Click “Edit” next to Subscription details
  - Manage Accounts
  - Family and friends will receive an email inviting them to enroll
    - The invite will take them to the sign-up page where they can create an account or log in to an existing one
    - After signing in, family and friends will choose “Accept invite” to join CML’s Partner Family plan
    - Once enrolled, your family/friends will be prompted to download the Headspace app.



# Headspace Family/Friends Plan FAQs

- **How do I invite someone to my organization's Family Plan?**
  - After enrolling in CML's Headspace program, you will be prompted to invite family members to join your plan.
  - If you are already enrolled in Headspace for Work, please follow these steps:
    1. Visit <https://www.headspace.com/family/manage> (You may be asked to log in)
    2. Enter your family/friend's email address and click send
- **My family member never accepted their invite, what do I do next?**
  - If you need to resend an invite, please follow these steps:
    1. Visit <https://www.headspace.com/family/manage>
    2. Click the "Resend invite" link under your family member's email address
  - If you need to cancel and resend a new invite, please follow these steps:
    1. Visit <https://www.headspace.com/family/manage>
    2. Click the "X" next to the family member's email address
    3. Resend another invitation to a new email address

# Headspace Family/Friends Plan FAQs – cont.

- **I want to add someone to my Family plan but they already have a Headspace subscription.**
  - To add a family member with an active subscription, they will first need to [disable auto-renewal](#) for the current subscription and allow it to fully expire.
  - Once the subscription expires, the family member can accept an invite to your Family plan to activate their new subscription.
  
- **Can I delete someone from my Family plan?**
  - Yes. Only the employee of the sponsor organization can delete someone from the Family plan. To remove a member from your Family plan, please follow these steps:
    - Visit <https://www.headspace.com/family/manage>
    - Click the "X" button to the right of your family member's email address
  - Upon doing so, the family member who has been deleted will receive an email confirming this cancelation of their premium access. Their app will be reverted to the free version of Headspace, but they will not lose any of their meditation stats or journey data.