

Adding Dependents

DEPENDENT INVITES

Member will be prompted via email and in their profile tab to add a dependent

2 Check-In

Activity History

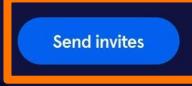
There's nothing here just yet, but it's a great time to try a mini-meditation.

-  Unwind Meditation · 1-3 min >
-  Body Scan Meditation · 1-20 min >
-  Breathe Meditation · 1-3 min >

Refer household members

Add adults and teens as dependents on your Headspace account. Just let us know who to invite, and we'll take it from there.

Send invites



Today Explore Care Test

DEPENDENT INVITES

Member invites dependents by inputting a unique email per dependent

9:41



Invite your household members to join Headspace

Add up to <#> dependents, and we'll send them an email invitation. You can always change this list later.

Who you can refer

✓ Adults

Age 18 or older

✓ Teens

Age 13 to 17 years old, within the USA
Must be your legal child

✗ Children

Right now, Headspace isn't available for children under 13. For household members age 6 and up, you can request care [here](#).



9:41



Invite your household members to join Headspace

Add up to <#> dependents, and we'll send them an email invitation. You can always change this list later.

Who you can refer

✓ Adults

Age 18 or older

✓ Teens

Age 13 to 17 years old, within the USA
Must be your legal child

✗ Children

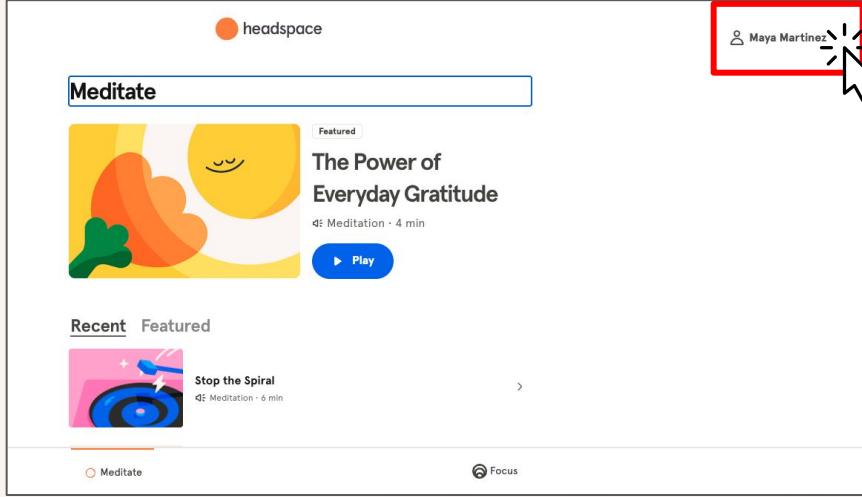
Right now, Headspace isn't available for children under 13. For household members age 6 and up, you can request care [here](#).

amoskowitz@gmail.com

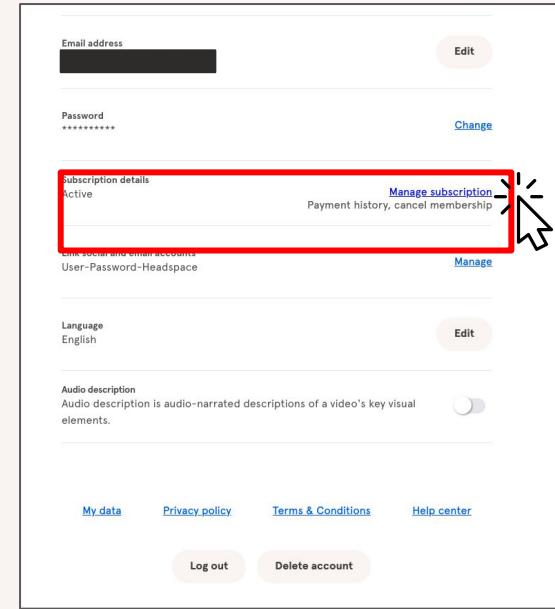
Invite sent




INVITING YOUR DEPENDENTS

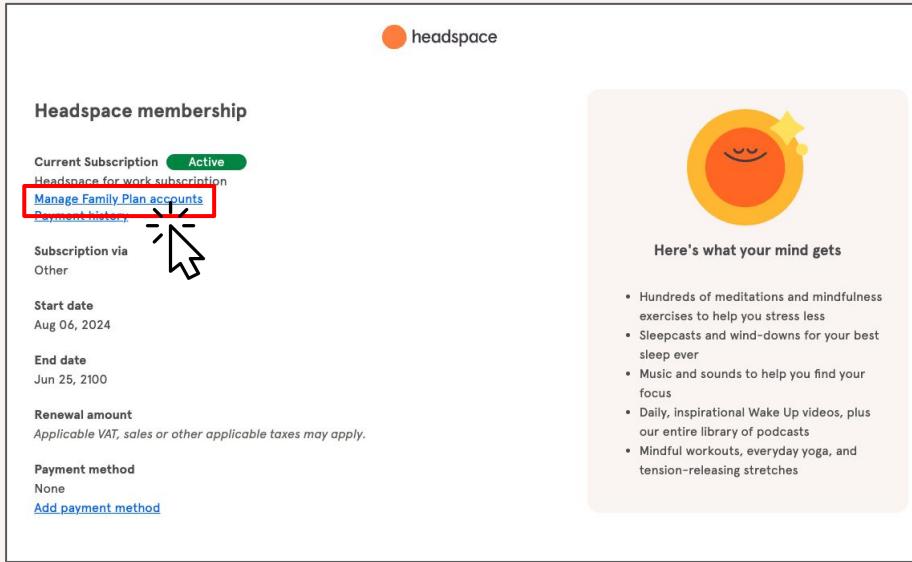


1. After you register, go to <https://www.headspace.com/login>.
2. Log in.
3. Go to your account by clicking the icon in the top right corner.



3. Scroll to the "Subscription details" section.
4. Click the blue link, "Manage Subscriptions"

INVITING YOUR DEPENDENTS



headspace

Headspace membership

Current Subscription **Active**
Headspace for work subscription

[Manage Family Plan accounts](#) 

Subscription via
Other

Start date
Aug 06, 2024

End date
Jun 25, 2100

Renewal amount
Applicable VAT, sales or other applicable taxes may apply.

Payment method
None
[Add payment method](#)

Here's what your mind gets



- Hundreds of meditations and mindfulness exercises to help you stress less
- Sleepcasts and wind-downs for your best sleep ever
- Music and sounds to help you find your focus
- Daily, inspirational Wake Up videos, plus our entire library of podcasts
- Mindful workouts, everyday yoga, and tension-releasing stretches

Invite your household members to join Headspace

Who you can refer

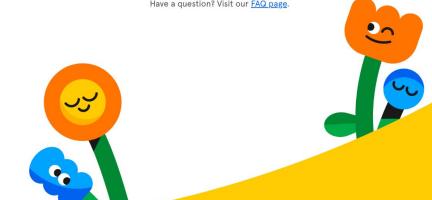
Add up to 5 dependents, and we'll send them an email invitation. You can always change this list later.

Adults
Age 18 or older

Teens
Age 13 to 17 years old, within the USA
Must be your legal child

Children
Right now, Headspace isn't available for children under 13. For household members age 6 and up, you can request care [here](#)

Have a question? Visit our [FAQ page](#).



Invite details

Email

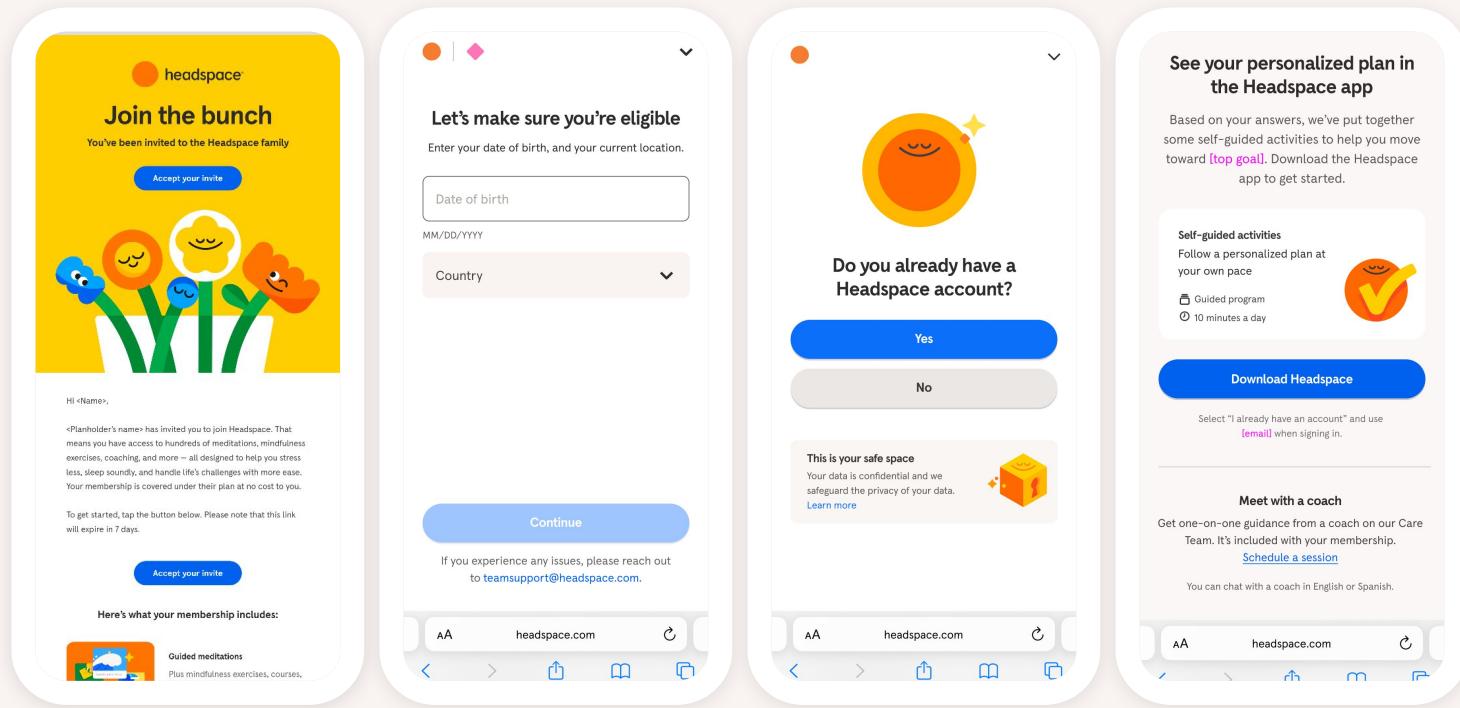
Send invite

5. Then click the blue link, “Manage Family plan accounts”

6. Enter in your family member's email address to send them an invite.

**You have 5 invites you can share with your family*

DEPENDENT EMAIL REFERRAL AND WEB-BASED ONBOARDING



ACCOUNT LOGIN, CARE TAB, AND GUARDIAN CONSENT FORM (Teens 13-17 in the US)

The image displays five sequential screenshots from a mobile application, illustrating the process of account login, navigating the care tab, and completing a guardian consent form.

1. Log in: The first screen shows a 'Log in' interface with fields for 'Email address' (daveed.casal@gmail.com) and 'Password' (redacted). Below these are 'Forgot password?' and 'Log in' buttons. Social media login options (Apple, Facebook, Google, and Spotify) are also present, along with a 'Continue with SSO' button. A dark blue banner at the bottom reads 'Get one-on-one guidance' with a 'View or schedule sessions with a coach or connect with a clinician' link.

2. Home screen: The second screen shows the main application interface. It features a Headspace logo and a banner with the text 'Get a head start, Daveed' and 'Bring mindfulness into your morning.' Below this is a 'Podcast' section titled 'Navigating Relationships with Eve' featuring Eve and Robin. A play button is visible. The bottom navigation bar includes 'Today', 'Explore', 'Care', and 'Profile'.

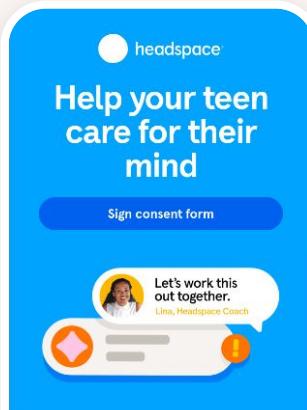
3. Your sessions: The third screen shows the 'Your sessions' tab. It includes a 'Before you start care' section with a 'Send consent form' button, a 'Your care team' section with icons for Member Support (1 new message), Coach, Therapist, and Psychologist, and a 'Picked just for you' section with a profile picture and the text 'What is coaching? Video - 3 min'.

4. Who should we send this form to? The fourth screen is a form for sending a guardian consent form. It asks 'Who should we send this form to?' and provides fields for 'Name' (Joseph, Casal), 'Relationship' (Parent), and 'Email' (joseph.casal@gmail.com). A 'Send' button is at the bottom. A large yellow sun-like graphic is in the background.

5. Your sessions: The fifth screen shows the 'Your sessions' tab again, with a confirmation message: 'Your consent form has been signed'. It includes a 'Schedule a session' button and a 'Picked just for you' section.

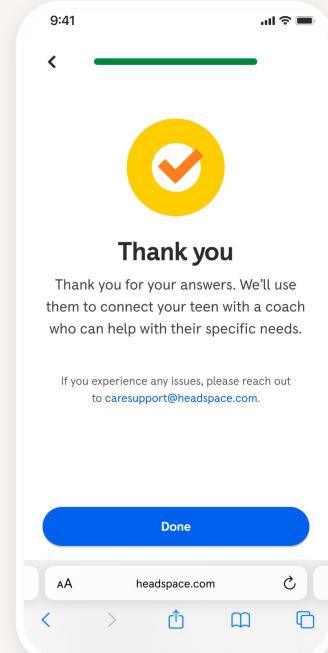
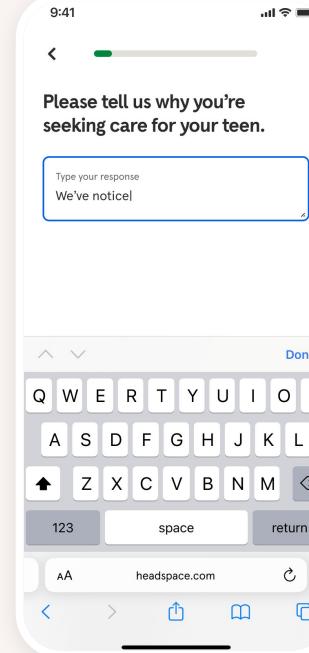
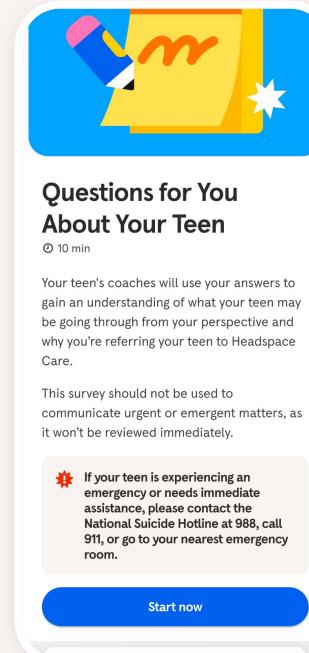
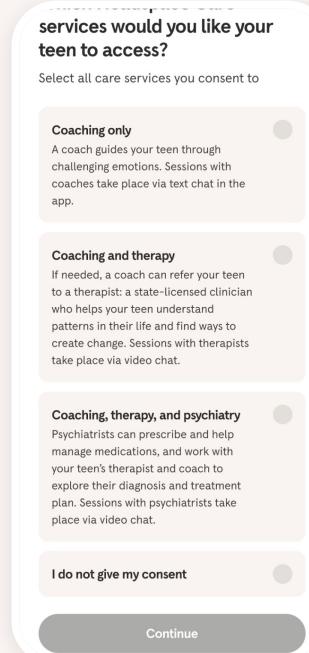
Teen experience: A grey bar at the bottom of the fifth screenshot is labeled 'Teen experience'.

GUARDIAN CONSENT FORM AND INTAKE FORM (Teens 13-17 in the US)



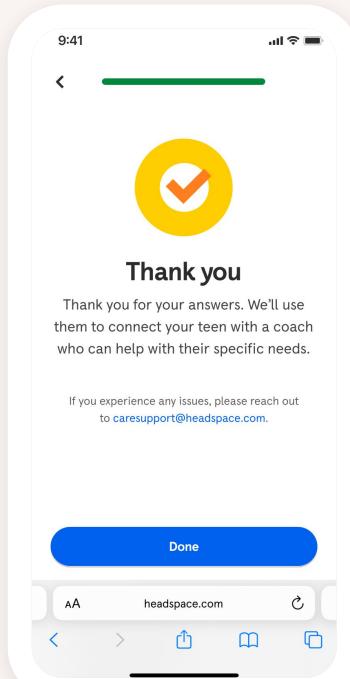
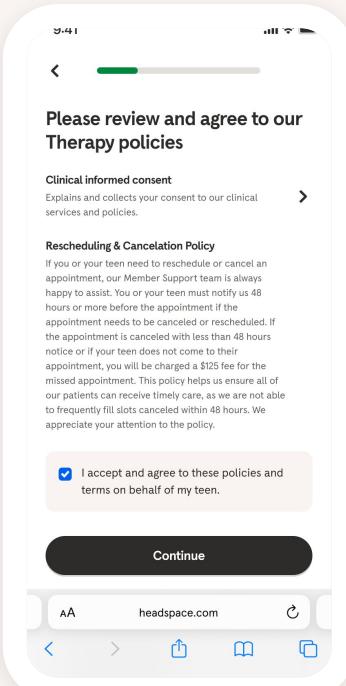
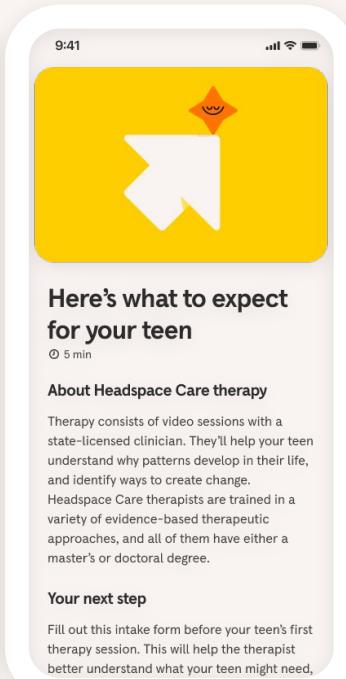
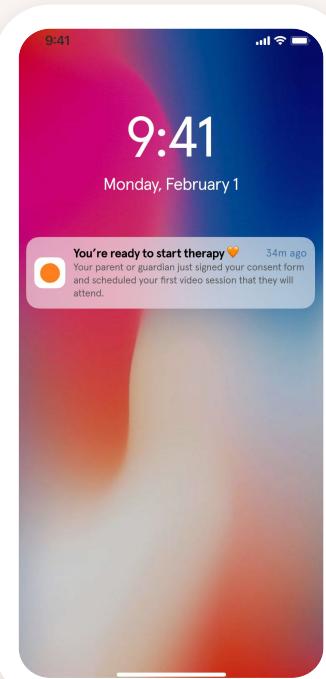
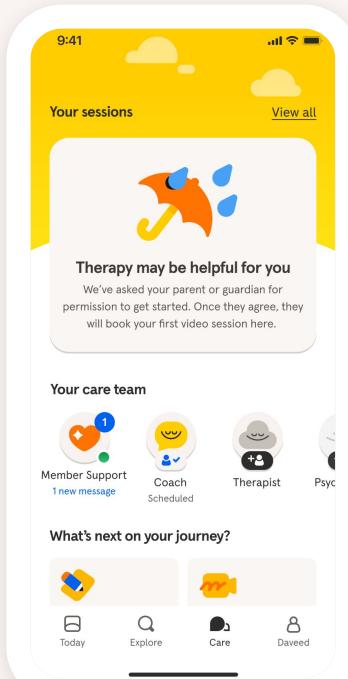
Hi <Name>,

Remember what it was like to be a teen? A little extra support could go a long way. Now that your teen has signed up for Headspace Care, we'll need your permission to start connecting them to help. Our team can support teens with a wide range



Parent experience

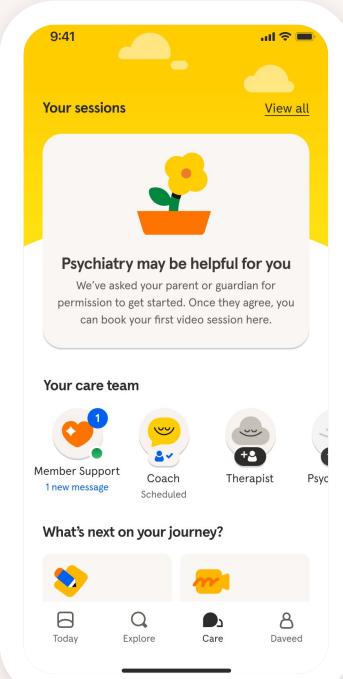
TEEN ESCALATION TO THERAPY (Teens 13-17 in the US)



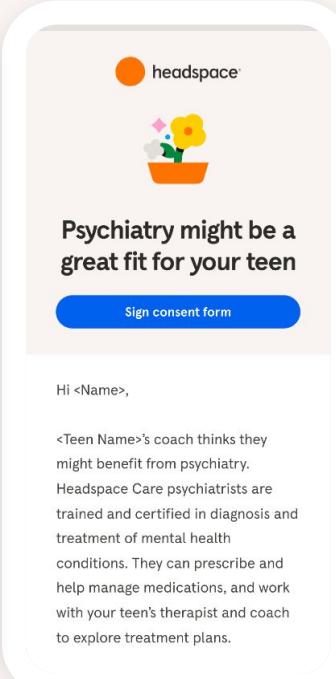
Teen experience

Parent/guardian experience

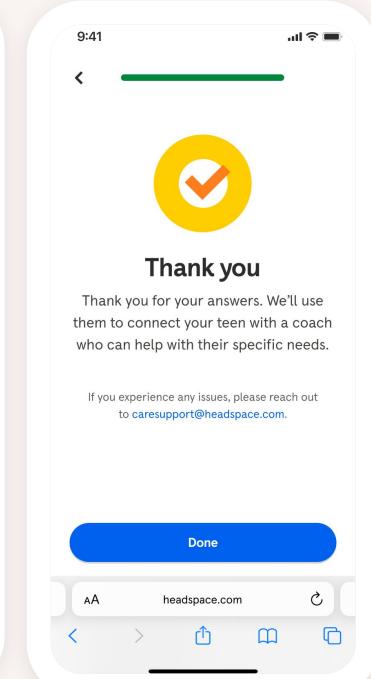
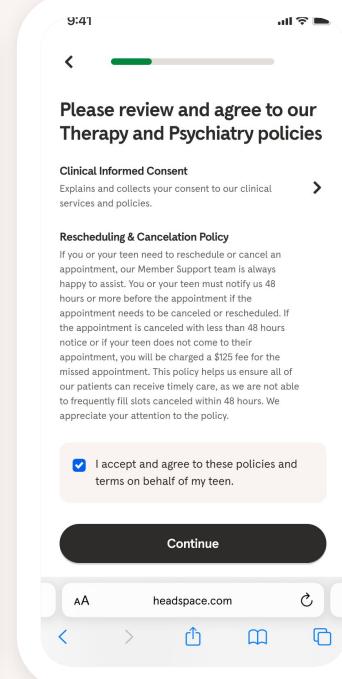
TEEN ESCALATION TO PSYCHIATRY (Teens 13-17 in the US)



Teen experience



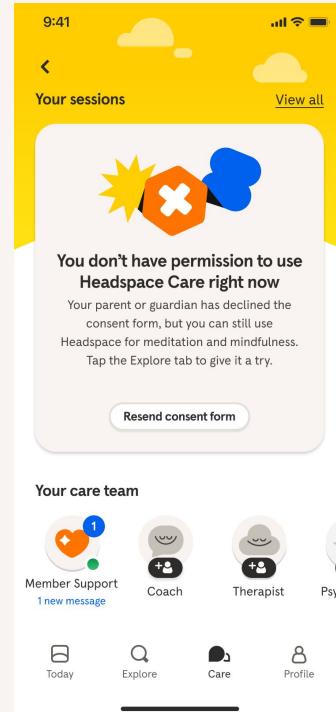
Parent/guardian experience



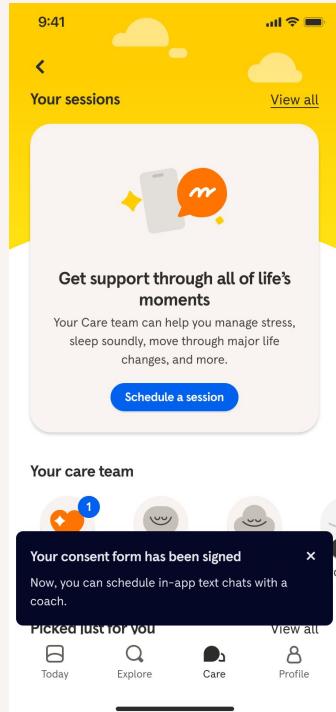
TEEN SCHEDULING

(Teens 13-17 in the US)

If a parent declines to consent, the teen will receive this message:



If a parent gives consent, the teen will be prompted to schedule a chat with a coach:



Teen experience