



Ten Percent Happier is guided meditations and practical mindfulness tools that you can take anywhere. They are offering a **free 6-month subscription** to all healthcare employees and volunteers.

To access the free subscription, redeem the gift code **HEALTHCARE\*** on the website. Then, log onto the app and contents will be unlocked.

*\*CODE WILL ONLY WORK IF YOU DO NOT HAVE AN ACTIVE SUBSCRIPTION*

**TEN PERCENT**

**Redeem a Gift or Promo Code**

First create a Ten Percent Happier account below.

First Name

Email

Password

**SIGN UP**

OR

**SIGN UP WITH APPLE**

**SIGN UP WITH FACEBOOK**

Already have an account? [Sign In](#)

**1**

Go to [redeem.tenpercent.com](https://redeem.tenpercent.com).

**IF YOU DON'T HAVE AN ACCOUNT:  
Create One\***

*\*Take note of how you signed in (i.e. did you create an account, sign in with Facebook or Apple), you will need to utilize the same log in when you use the app.*

**IF YOU DO HAVE AN ACCOUNT:  
Sign In**

**2**

Once signed in, enter gift code **HEALTHCARE** (all capital letters) and click **REDEEM**.

**3**

Download the App:  
**Ten Percent Happier Meditation** and sign in!  
Content can only be used on an App.





## USEFUL RESOURCES

AVAILABLE WITHOUT A MEMBERSHIP

1

### Corona Virus Sanity Guide:

This webpage consists of various free resources to help you find some calmness during this stressful time.

2

### Meditation FAQ:

This webpage consists of common questions about mediation.

## USEFUL RESOURCES

AVAILABLE WITH A MEMBERSHIP

1

### **Guided Meditations:**

300+ guided meditations based on mood and experience level, ranging from daily picks to sleep meditations.

2

### **Personal Coaching:**

One-on-one coaching by world-class teachers.



Headspace provides guided meditations, animations, articles and videos to improve health and happiness. They are offering a **free Headspace Plus subscription** to all healthcare professionals that work in the public health setting, with an individual provider NPI, through 2020.

To access the free subscription, you will need your **National Provider Identifier (NPI)\*** and **email address**.

*\*You can find your NPI details at the [Federal NPI Registry](https://www.fda.gov/npi).*

**1** Go to [headspace.com/health-covid-19](https://headspace.com/health-covid-19).

**2** Scroll down and under **Select Your State**, click on the state where your **NPI** is registered\*

*\*this may not be where you currently live.*

SELECT YOUR STATE ▼

Sign up

ALREADY HAVE AN ACCOUNT? [LOG IN](#)

First name

Last name

Email address

Password (8+ characters)

SIGN UP

**3** Enter your **first and last name** as it appears in the NPI registry\*, **email address** and **create a password**.

*\*this may be the name you used prior to marriage.*

**4** Click **Sign Up**

**5** When prompted, **enter your NPI and your last name exactly as it appears in the NPI registry**.

*At this time, Headspace is only able to support individual provider NPI numbers (not NPI numbers for organizations like hospitals and health care systems).*

Providers without an NPI number can email [health@headspace.com](mailto:health@headspace.com) with your healthcare information. For any assistance, please email [help@headspace.com](mailto:help@headspace.com)



## USEFUL RESOURCES AVAILABLE WITH A MEMBERSHIP

1

### Guided Meditations

Everything from stress management to better sleep.

2

### Mindfulness Exercises

Exercises for cooking, eating, commuting, etc.

3

### Guidance from Experts

On all things meditation and mindfulness.

4

### Animations

Short, simple clips to help you practice and answer any questions.

