

Northwest Permanente Wellness Passport Guidelines

April – June 2018

Spiritual/Emotional: Try Headspace

Try Headspace

Headspace is a digital service that provides guided meditation sessions and mindfulness training.

The techniques used within Headspace have been refined and developed over many centuries. Their aim is to cultivate awareness and compassion so we can better understand both the mind and the world around us. The additional health benefits that occur with regular meditation are helpful byproducts.

We are happy to offer you a free one-month subscription to Headspace! You will have premium access to hundreds of easy-to-follow guided meditations on topics ranging from stress and sleep to productivity and focus.

To fulfill this passport item, click the link below to be taken to the Headspace website. After using Headspace on a routine basis for two weeks, write an honest review of the service and send it to NWPWellness@kp.org.

Headspace Premium

Link provides access to premium content within the Headspace app and desktop site free for 30 days. Registration is required.

Please submit all documentation to NWP Health & Wellness, KPB 16
or e-mail: nwpwellness@kp.org