



Welcome to Headspace!

Now that you've received your unique code, all you need to do is redeem it online, and you'll be set to begin your Headspace Journey of guided meditation.

Here's how

1. Visit our website www.headspace.com

Scroll **ALL the way to the bottom of the page, until you can't scroll anymore and click "Redeem Code"*

GET SOME HEADSPACE

SUBSCRIBE

REDEEM A CODE

SEND A GIFT

HEADSPACE FOR WORK

HEADSPACE FOR KIDS

OUR COMMUNITY

BLOG

FORUM

ABOUT US

ABOUT HEADSPACE

ABOUT ANDY PUDDICOMBE

ANDY'S BOOKS

SUPPORT

HELP CENTER

CONTACT US

PARTNERSHIPS

GET SOME / GIVE SOME®

RESEARCH PARTNERS

BRAND PARTNERS

GET THE APP



3. Enter your code and click *Submit*



Redeem a code



Enter your code*

SUBMIT

[HAVE QUESTIONS? WE'RE HERE TO HELP](#)

4. Login if you have an existing account or click *Sign Up for Free* if you are a new user

SCILSUUS12M-
302Q49

You're about to redeem:

1 year free access to Headspace

Please tell us a little more about yourself to continue.

LOGIN

New to Headspace? [Sign Up for Free](#)

Your email

Your password

[Forgot password?](#)

Remember me

5. Complete several optional demographic questions

YOU'RE IN!

Why does Headspace ask for this information?
Headspace cares about our users. Our primary concern is to improve the health and happiness of the world, and knowing a little about you helps us do that better. **We do not sell or rent your information.**

Experience	If Other, please select
<input type="text" value="Select your experience level"/>	<input type="text"/>
Country	Gender
<input type="text" value="United Kingdom"/>	<input type="text" value="Select your gender"/>
Display name (for Headspace Community)	Date of birth
<input type="text" value="meditator-QG89UU"/>	<input type="text" value="Month"/> <input type="text" value="Year"/>

6. Confirm your order by clicking *Continue*

YOUR ORDER SUMMARY

Product	Price
SCILSUUS12M 1 year free access to Headspace	
SCILSUUS12M-302Q49	FREE CODE APPLIED 1 year free access to Headspace
	NO CHARGE
YOUR TOTAL There is no charge. Click 'continue' to start your subscription.	0.00

SECURE CHECKOUT

THANK YOU.
YOUR ORDER WAS SUCCESSFUL.

Product	Price
SCILSUUS12M 1 year free access to Headspace	
SCILSUUS12M-302Q49	FREE CODE APPLIED 1 year free access to Headspace
	NO CHARGE
YOUR TOTAL There is no charge.	0.00

6. You're done! Welcome to Headspace.

CONGRATULATIONS!

You're now ready to continue your journey

[GO TO MY HEADSPACE](#)

or

[DOWNLOAD THE APP](#)



If you have any questions or queries, then please get in touch with the Headspace help team at:

help@headspace.com

Our online FAQs can also be accessed at:

www.headspace.com/faqs

For more information on how to download our app visit:

<https://www.headspace.com/headspace-meditation-app>

Once your code is activated, then your Headspace content can be accessed through our website and on our app. These will stay synchronised.

We hope you enjoy your Headspace Journey!

www.headspace.com