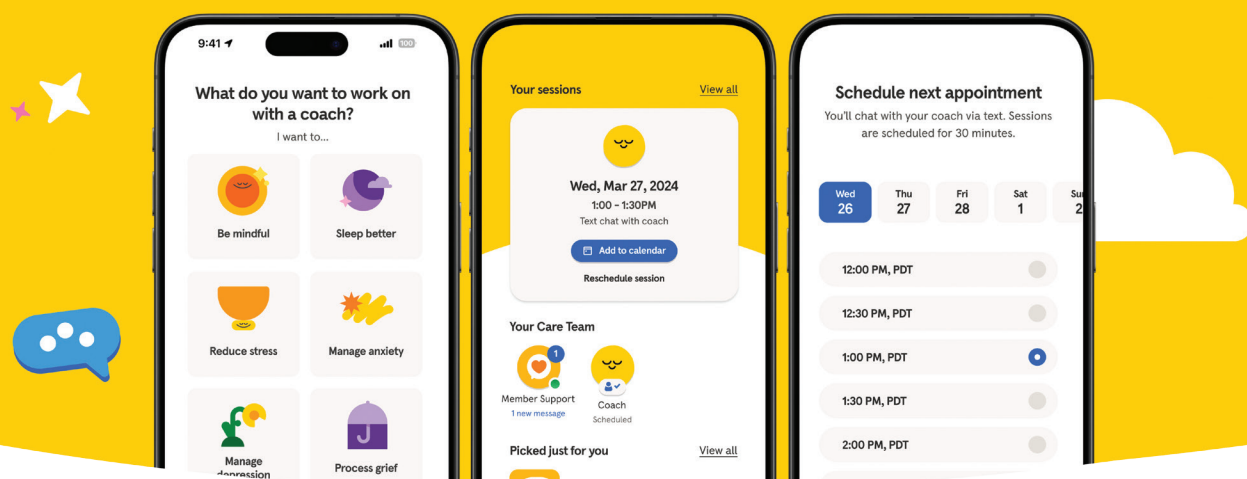




Headspace is here for you

Personalized mental health care, mindfulness tools, and everyday life resources — all in one app



Introducing Headspace: your personal guide to caring for your mind and navigating life's demands. Stress less, focus more, and sleep soundly with hundreds of guided exercises and expert-led programs. Need more support? Connect one-on-one with an experienced mental health coach or clinician all in the Headspace app. You'll also have access to confidential work-life services – including help with child and elder care, legal and financial guidance, and more.



The best part? TAI and NEXTY provides you with a Headspace membership at no cost to you. You can even invite up to [5] loved ones to access this benefit, too.

Scan the QR code or use the below enrollment link to get started.

<https://work.headspace.com/toyotatsusho/member-enroll>

Have a question? Visit help.headspace.com

Care for your mind, anytime

Support for all of life's moments—big or small.



Everyday mindfulness

Explore hundreds of guided mindfulness exercises and expert-led courses to manage stress, sleep soundly, and bounce back from challenges – anytime, anywhere.



Mental health coaching

Headspace coaches are here to guide you through everyday challenges. Whether you're managing anxiety, handling work stress, or having trouble sleeping at night, chat with a coach instantly or schedule your session—all through private conversations directly in the app.



Therapy & psychiatry

For deeper support, connect with a clinician. They're available within days—even on weekends and evenings — and they'll work with your coach to make sure you have the care you need.



Resources to balance work and life

Get connected to local resources for help with child and eldercare, financial guidance, legal assistance, and more.

“

“Headspace has encouraged me to check in with myself during the day and bring myself back to the now. I’m going through a lot of changes and it has been really helpful.”

WHAT MEMBERS ARE SAYING

* You do not have to be enrolled in your medical benefits in order to claim Headspace at no cost.