Join today!

MyWellbeing powered by Personify Health

Signing up is easy

Visit **join.personifyhealth.com/assurant** or open the app and select **Create Account**. Or you can use single sign-on.

Download the app.

Register by following the progress bar as you complete these easy steps:

- **Identify**
- **Agree**
- **Create**
- **Finish**

Tell us who you are to confirm eligibility. Enter your preferred first name, last name, LAN ID and date of birth. Choose your country/region and click **Submit**. (Don't remember your LAN ID? Ask ERIN or visit MyHR.)

Legal and privacy. Review and agree to terms and conditions.

Create your account. Add your email, make a password and give us some additional details to customize your experience.

You're all set. Your account is ready. Click **Take Me There** to sign in.

Have questions? We're here to help.

- Check out **support.personifyhealth.com**
  Live chat: Monday–Friday, 2 am–9 pm ET
- Send us an email: **support@personifyhealth.com**

Privacy disclaimer: Assurant is required by law to maintain the privacy and security of your personally identifiable health information. The only information Assurant sees is compiled, anonymous data to monitor the overall participation rate and success of the program. Individuals who will receive your personally identifiable information are health coaches and other representatives from Personify Health in order to provide you with services through the wellbeing program.

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You can now also download the Headspace app straight from the Personify Health app and register!

Click here to get started and follow the prompts for new users and existing users to connect Headspace to Personify Health. You'll find a step-by-step walk-through when you log in.

From waking up to exercising, eating to sleeping, Headspace has 1,000+ hours of content to help you live your whole day mindfully—not just when you're sitting to meditate.

Headspace is more than a meditation app. It features soothing soundscapes, meditations, movement and courses to build resiliency, creativity, balance and more. Headspace provides skills to build mindfulness—the ability to be present in our lives, fully engaged with the moment, with an open and curious mind. It also offers courses in meditation—the formal practice for building the skill of mindfulness that we apply to our everyday lives.

- Get Headspace to start earning points on MyWellbeing (Personify Health).
- Engage in mini-exercises for busy schedules.
- Get results—Headspace is proven to reduce stress in just 10 days.

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