



Lack of sleep affects our ability to be present, focused, and inspired

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



MIIA
Well Aware
Work Well. Live Well.

Headspace offers meditations, sleepcasts, wind downs, and sleep music so you can put your mind to bed.

The best part? It's all included – free with your Headspace membership as a MIIA / Blue Cross Blue Shield subscriber. Scan the QR code or access the link to join.

Primary subscribers may invite up to 5 family members or friends to access their own account.