# Sign up process with a new Headspace account
(skip to page 4 if you have an existing Headspace account)

1)This is the screen you will see after clicking the enrollment link. Click No, Create a New Account.
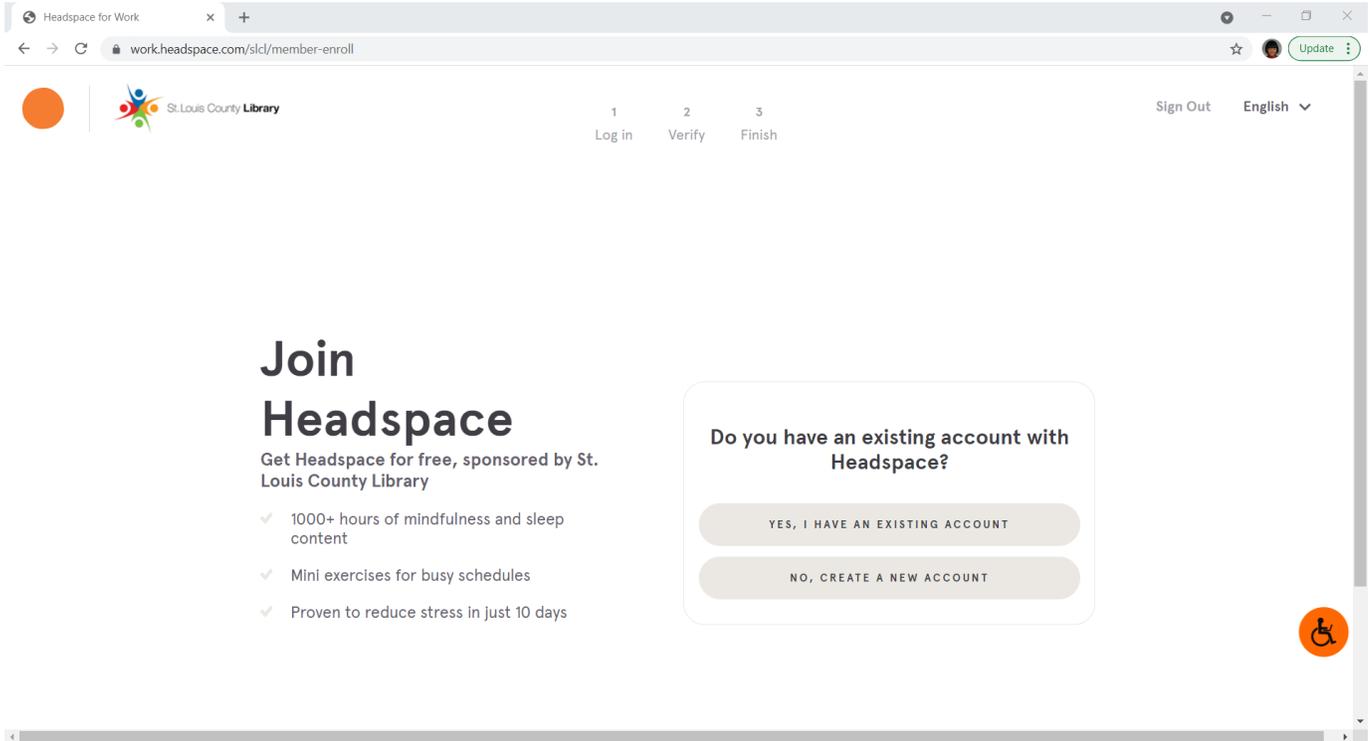


2) Enter your first and last name, email address, and create a password. Click Create an account. This will be your Headspace login information.
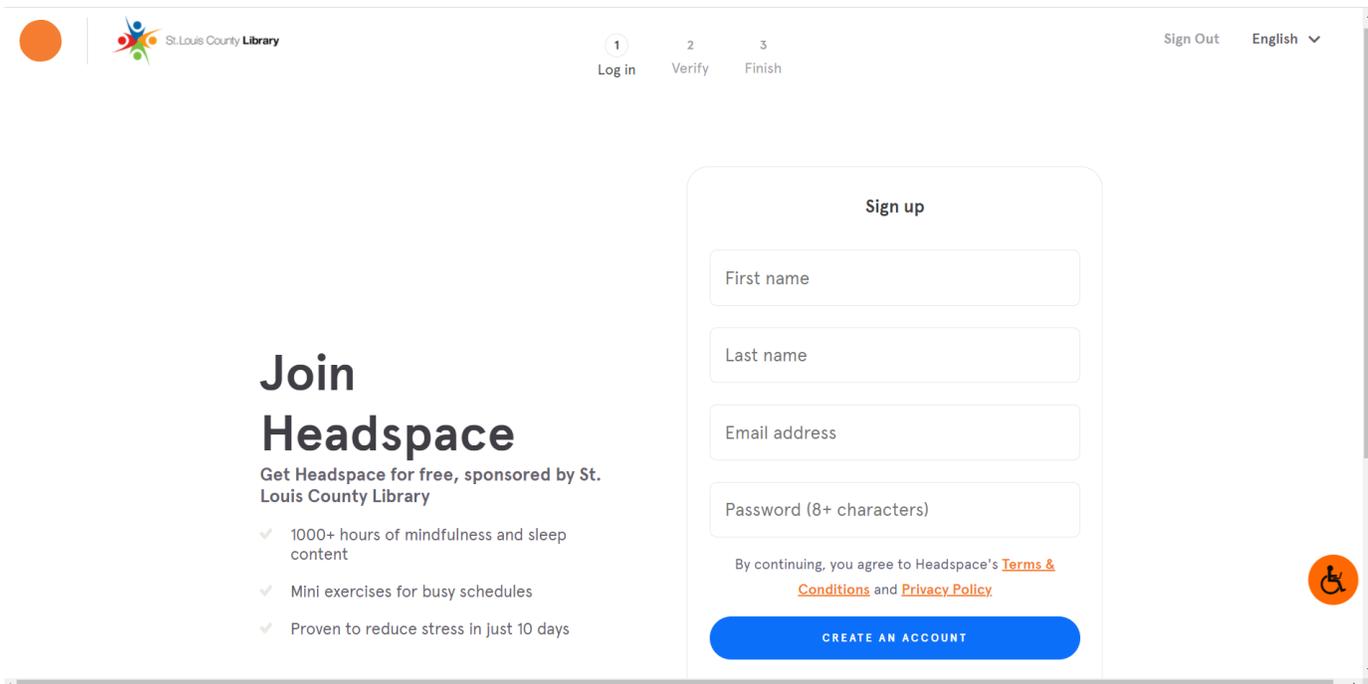
3) Enter an email address for Headspace to send a verification email. Be sure to enter an email address that you can check. Click Send verification email.
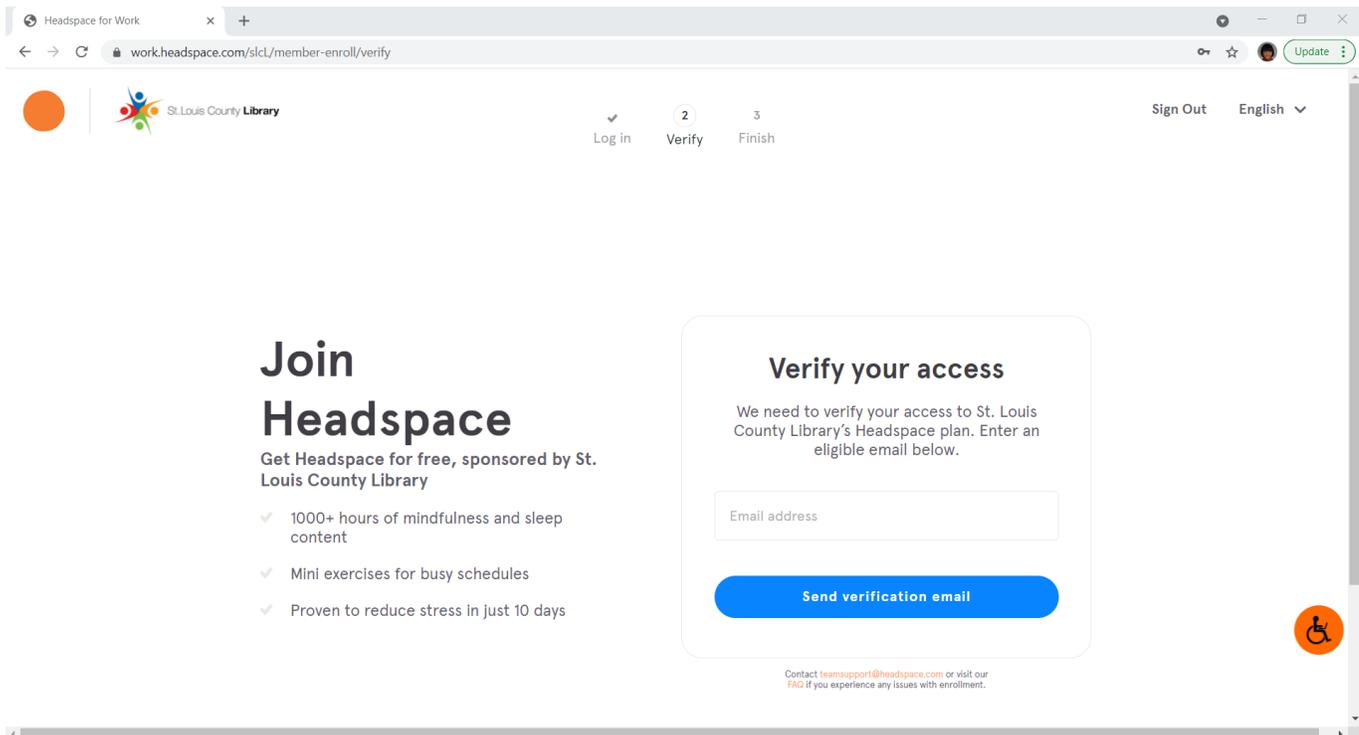


4) Go to your email inbox. You should have an email titled "Activate your Headspace Plus Membership". Open that email and click Verify.
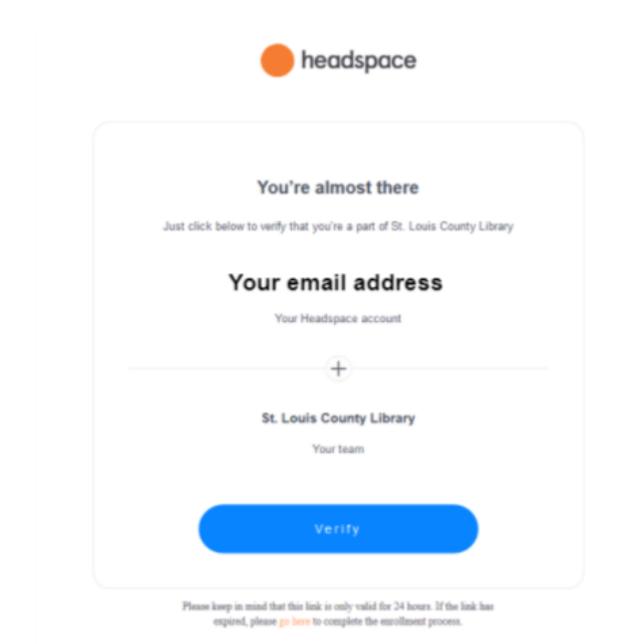
5) This will bring you back to the Headspace login page.  Enter the same email and password you entered in step 2 and click Log In.
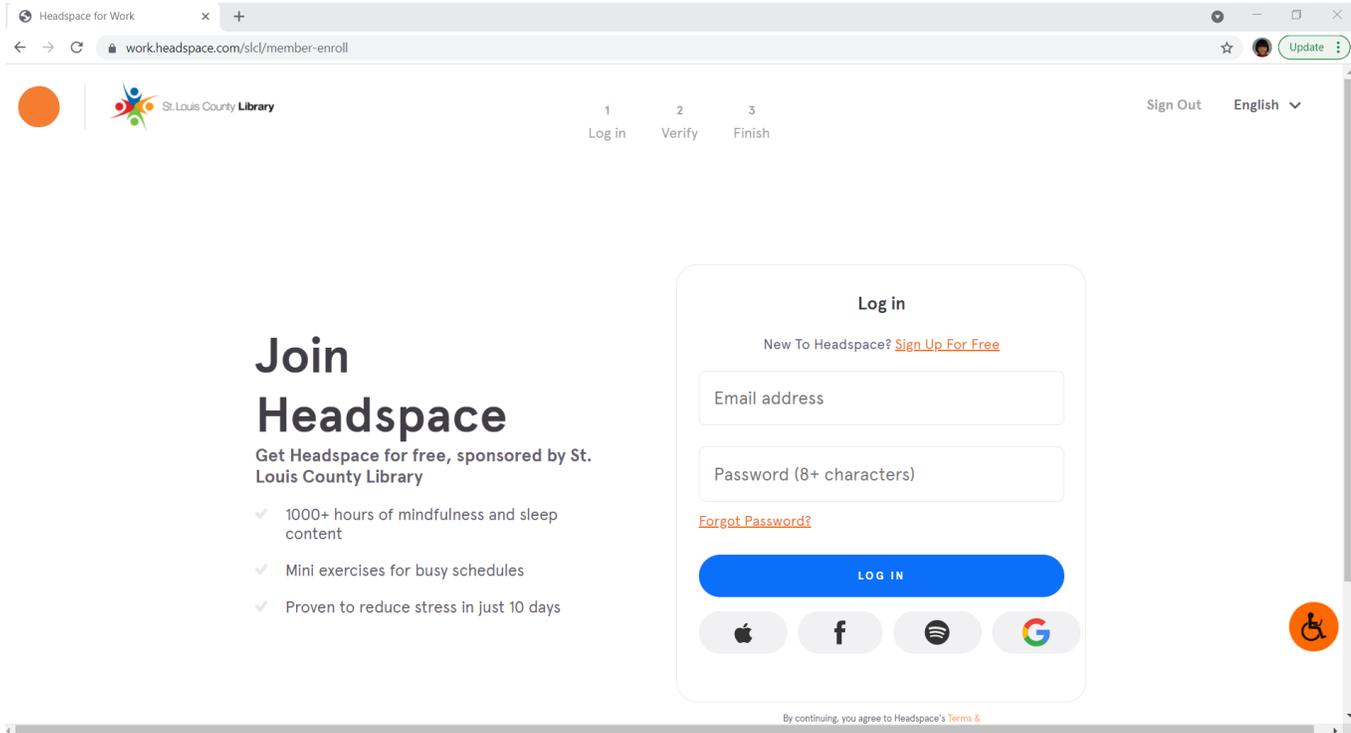


6) You'll see that your account is verified.  Click Next.
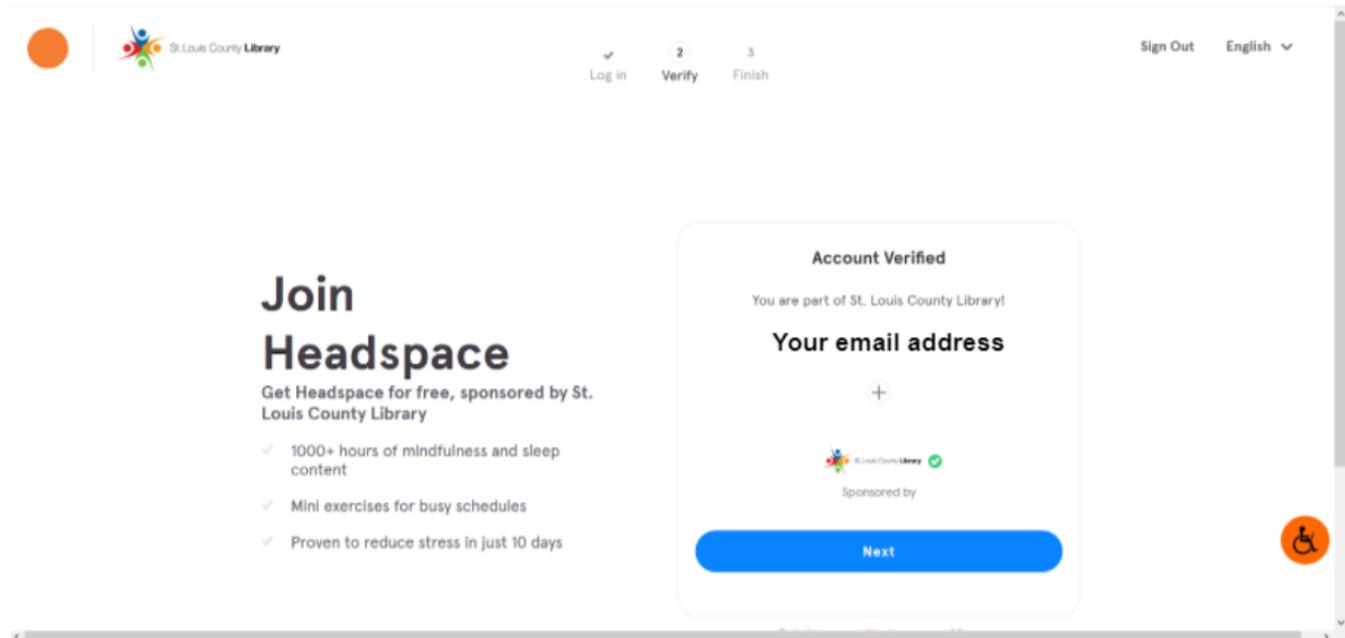


7) At this point, you can choose to download the Headspace app (at no cost) for a better experience, or click Headspace for Desktop to continue using it in the browser.

# Signing Up if you already have an existing Headspace account

1) This is the screen you see after clicking the enrollment link. Click on Yes, I have an existing account.
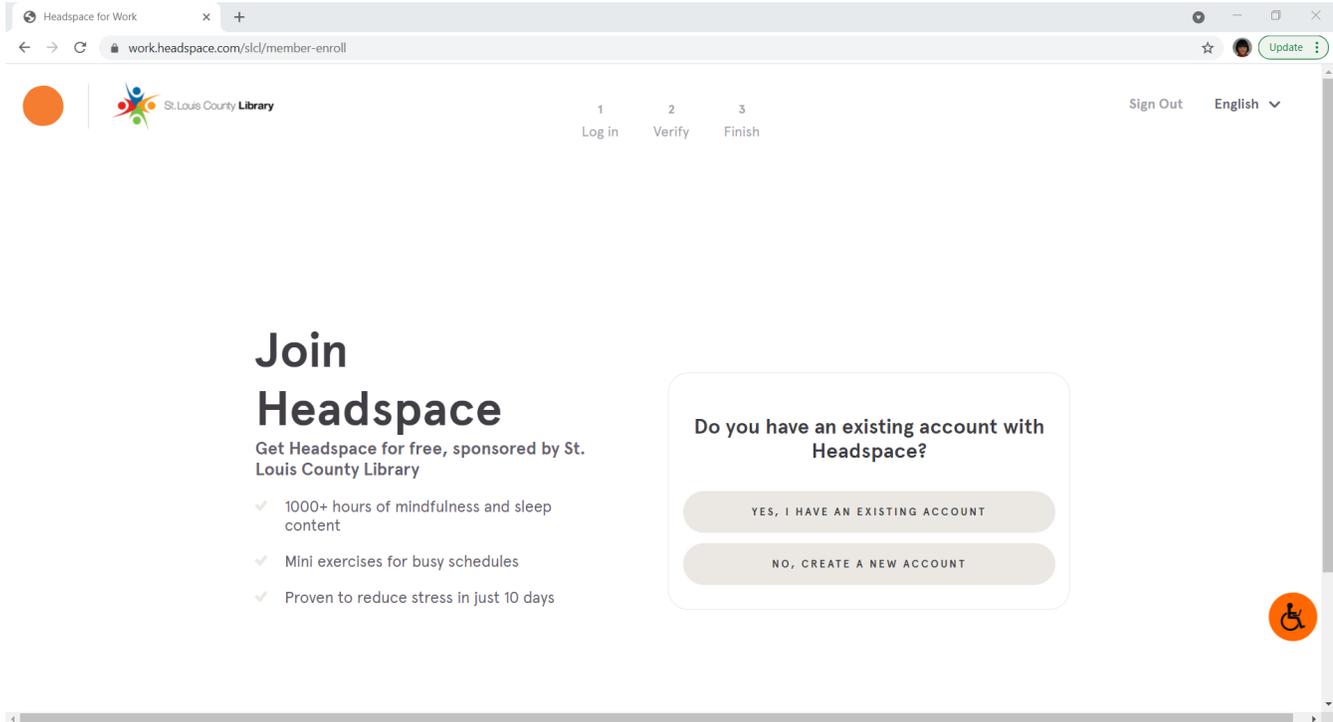


2) Enter the email address and password you have used previously to log in to Headspace.
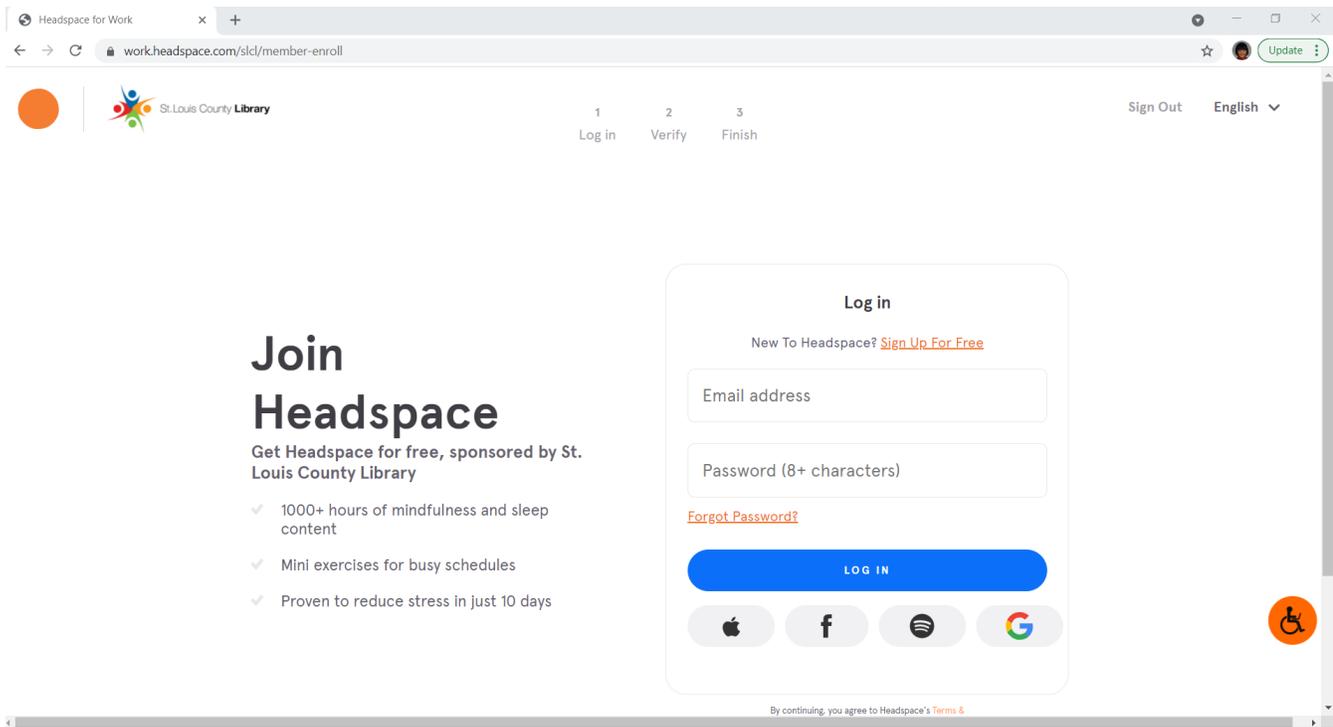


From here the verification process is the same as for those who created a new Headspace account.