

YOUR GUIDE TO ACTIVATING YOUR HEADSPACE SUBSCRIPTION

Enjoy the mindfulness and meditation app by following these steps to get started.

- 1 Visit go.headspace.com/ama
- 2 Enter the email that you use for your American Medical Association account
- 3 Click **“Get my free two-year subscription”**



DON'T HAVE AN AMA ACCOUNT?

You can create one at amc.ama-assn.org.
Forgot the email for your AMA account?
Call (800) 621-8335 for assistance.



WHAT HAPPENS NEXT

Headspace will send you an email with a link and instructions to complete your sign up and begin your subscription.



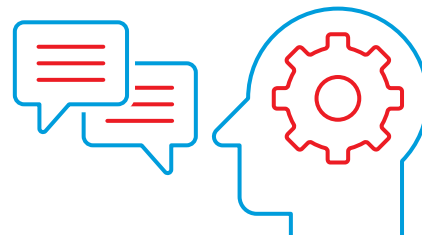
QUESTIONS?

Have questions about activating your Headspace subscription? Contact the AMA Student Membership Team at msop@ama-assn.org and we will get back to you quickly.



IMPORTANT THINGS TO REMEMBER

Your free Headspace subscription is an AMA member benefit and is active for two years.



LEAD. MOTIVATE. INFLUENCE.