



Step 1: Create or log into your account

Go to <http://work.headspace.com/bp/member-enroll>

If you already have an account, select the first option and then enter the email you used to set up your account and your password to log in. If you do not have an account, select the second option and sign up.

You can use your bp or personal email address for set up, but you **must not** use your bp password.

For extra security, please ensure your password is a minimum of 10 characters in length and include at least one upper and one lower case letter, one number and one special character.

The image shows two side-by-side screenshots of the Headspace account creation and login interface. The left screenshot is a decision screen titled "Do you have an existing account with Headspace?". It has two buttons: "YES, I HAVE AN EXISTING ACCOUNT" and "NO, CREATE A NEW ACCOUNT". The right screenshot is the "Sign up" form. It includes a link "Already Have An Account? Log In" in orange. The form has input fields for "First name*", "Last name*", "Email address*", and "Password (8+ characters)*" with a strength indicator. Below the fields is a checkbox for "I agree to Headspace's Terms & Conditions and acknowledge the Privacy Policy" with links to "Terms & Conditions" and "Privacy Policy". At the bottom is a blue "Create an account" button and three social login buttons for Apple, Facebook, and Google.

Step 2: Verify you are a bp employee

For Workday users:

Once you have signed up on the next screen enter your last name and then your Workday ID in the field named 'Employee ID'

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Headspace**

Get Headspace at no cost, from BP

- ✓ 1000+ hours of mindfulness and sleep content
- ✓ Mini exercises for busy schedules
- ✓ Proven to reduce stress in just 10 days

Please enter your Workday or Payroll ID (if not in Workday).
Retail in NL or NZ need to prefix the ID with the 2 letter country code

Verify your access

We need to verify your access to BP's Headspace plan.

Last name

Employee ID

Verify

Contact teamsupport@headspace.com or visit our [FAQ](#) if you experience any issues with enrollment.

For shipping and retail colleagues (non-Workday users):

Please enter your payroll ID in the field named 'Employee ID' and add the prefixes below to your payroll ID if you're located in one of these countries:

New Zealand:	NZ123456
Netherlands:	NL123456

For bp Pulse colleagues:

Please enter your NTID in the field named 'Employee ID'.

Step 3: Understand and agree to data privacy terms

bp will not share your personal data with Headspace. After you have created an account, you are in control of any information that you wish to share with Headspace.

Step 4: Get started

Once you have set up and activated your Headspace account, download the Headspace app or [log in on a desktop](#).

You can find more information on the [Headspace intranet page](#).

Please note that your participation in Headspace is voluntary.