



LETTER TO THE COMMISSION

LTC No: 26-018

TO: Honorable Mayor and Members of the Fort Lauderdale City Commission
FROM: Rickelle Williams, City Manager *RW*
DATE: January 22, 2026
SUBJECT: **New Well-Being Solution – Headspace Application**

The purpose of this Letter to the Commission (LTC) is to inform the City Commission about a new well-being solution being provided for employees.

On January 1, 2026, Cigna partnered with Headspace to launch Headspace for Cigna Healthcare®, a guided self-care application (app) for daily mental health support. This program is provided at no additional cost to the City or to employees aged eighteen (18) and older, who are enrolled in one (1) of the medical plans offered by the City. Members can activate their Headspace account by logging into myCigna.com and using the single sign-on option to download the app on their cell phone or mobile device.

Headspace for Cigna Healthcare® is designed to support team resilience, help manage signs of burnout, and promote mental health and well-being. Employees have access to hundreds of guided meditations, mindfulness exercises, clinically validated programs, sleepcasts, guided workouts, focus music and more. Employees can also connect to other Cigna Healthcare benefits through myCigna.com, including finding an in-network provider if more serious needs emerge.

For additional information, please contact Mikki Sampo, Benefits Manager, at msampo@fortlauderdale.gov or (954) 828-5436.

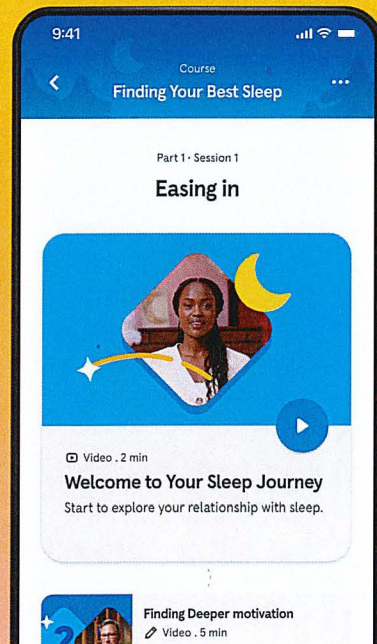
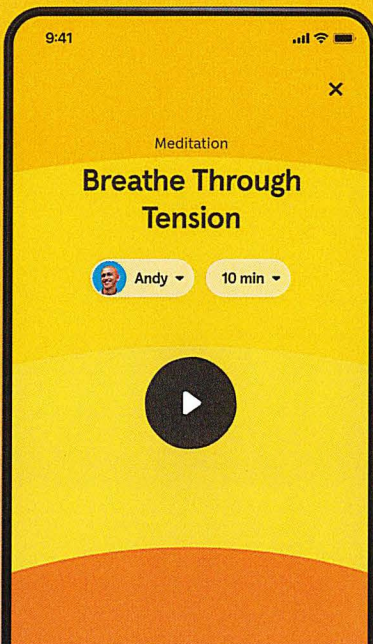
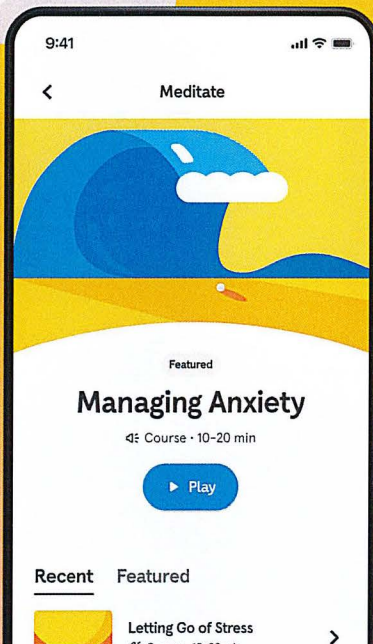
Attachment:

1. Headspace for Cigna Healthcare® Customer Flyer

c: Shari McCartney, City Attorney
David R. Soloman, City Clerk
Patrick Reilly, City Auditor
City Manager's Office
Department Directors



Headspace for Cigna Healthcare is here for you



Whether it's a stressful day, trouble sleeping, or a lack of focus; Headspace is your everyday app for feeling better.

The best part? It's available at no cost to you through your Cigna Healthcare® plan.



Scan the QR code to get started or [click this link](#) to start on myCigna®.



What members say

"There's a 'before and after' Headspace in my life. It has helped me learn so much about myself and helped me manage my anxiety."

This material is co-branded by Cigna Healthcare and Headspace. Insurance coverage is provided solely by Cigna Healthcare. Headspace provides access to mental health support services, which are delivered independently of Cigna Healthcare. Cigna Healthcare does not assume any responsibility for the provision or quality of such services. For any medical or mental health emergencies, please contact a qualified health care professional immediately.

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