

Health Care Market Oversight

Headspace and Sword

The [Health Care Market Oversight](#) (HCMO) program reviews health care business deals to make sure they support Oregon's goals of health equity, lower costs, increased access, and better care. On August 27, 2026, the Oregon Health Authority (OHA) accepted a complete notice of material change describing plans for Sword Health Technologies, Inc. ("Sword"). to acquire Headspace, Inc. ("Headspace").

Who's involved?

Headspace is a national, for profit, digital mental health company and management services organization (MSO) that provides virtual behavioral health services. Headspace offers on-demand mindfulness and meditation, behavioral health coaching, virtual therapy and psychiatry, and employee assistance program services. In 2025, Headspace provided over 2,400 therapy sessions and over 200 psychiatry sessions to individuals in Oregon.

Sword is a national, for profit, digital rehabilitation company that provides virtual physical therapy care for musculoskeletal, women's health, and cardiometabolic conditions like high blood pressure and diabetes. Sword also offers mental health care with psychologists. Sword uses an Artificial Intelligence (AI) care platform to provide these services. In 2025, Sword served over 4,800 patients and provided over 87,000 virtual sessions in Oregon.

About the deal

Sword is planning to acquire Headspace to expand its mental health service offerings. Sword states the transaction is not expected to result in any material changes to Headspace's service lines. Sword plans to offer the same services and make improvements to Headspace's technologies. Sword states they will offer outcome-based pricing where Sword only receives full payment when patients achieve clinically significant improvement.

What's next?

OHA is reviewing this deal to understand how it could affect access to care for communities in Oregon. During the review, OHA will use health care data, news and media reports, information from the entities, and public input to decide whether the deal should be approved. After completing a review, OHA will issue a decision about whether the deal may proceed as planned.

We want to hear from you!

Public input helps us understand how this deal could help or harm people in your community. To share your thoughts about this deal, please email hcmo.info@oha.oregon.gov, leave a voicemail at 503-945-6161, or [fill out the public comment form](#). In your comment, mention "Sword", what you think, and whether you support or oppose the deal.

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