Take care of your mental wellbeing with eM Life

Discover a proven way to take on life’s challenges

eM Life is a live and on-demand mindfulness solution to help you build skills to manage stress and anxiety, improve focus, and enhance your overall wellbeing.

eM Life is available to you, your spouse, and your dependents as part of your benefits package.

Click here to sign up for eM Life!

What do I get with eM Life?

• Live, expert-led mindfulness classes held multiple times a day, covering everything from managing anxiety to weight balance

• Hundreds of hours of on-demand content on a wide range of topics including stress, sleep, and chronic conditions

• Connect with mindfulness experts for support with your practice

• Meditation timer to help build and sustain healthy habits

• Support a charity of your choice with every minute you practice

71% reduce stress  
50% improve sleep  
47 mins gained in productivity

eM Life’s programs have been proven to help:

• Relieve stress and build resilience

• Sharpen your focus to boost performance

• Enhance creativity

• Improve your mood and strengthen relationships

• And so much more!

Download the eM Life app today!

Select Employee Account and enter Company Code: CONCERNHEALTH then enter Organizational Login to sign up or log in

If you have any questions or need assistance, please contact support@emindful.com