



Practice Mindfulness with eM Life

A Proven Way to Take on Life's Challenges



Practicing mindfulness benefits physical and emotional wellbeing.

Through our partnership with eMindful, you have access to **eM Life**—an expansive suite of live and on-demand solutions created to build and sustain healthy habits.

- Improve focus and productivity at work
- Better Living with Diabetes™
- Cultivate compassion
- Overcome addictive behaviors
- Quit smoking
- Live well with chronic pain
- Combat compassion fatigue
- Practice better self-care



Why Not Give It a Try? With eM Life you can...

Learn new skills.

Have a truly personalized experience with access to the right mindfulness solution tailored to how you're feeling in the moment.

Explore easy-to-use on-demand content with topics including stress, sleep, diversity and inclusion, weight loss, self-care, and more.

Participate in live daily 14-minute mindfulness programs led by experts and offered multiple times each day.

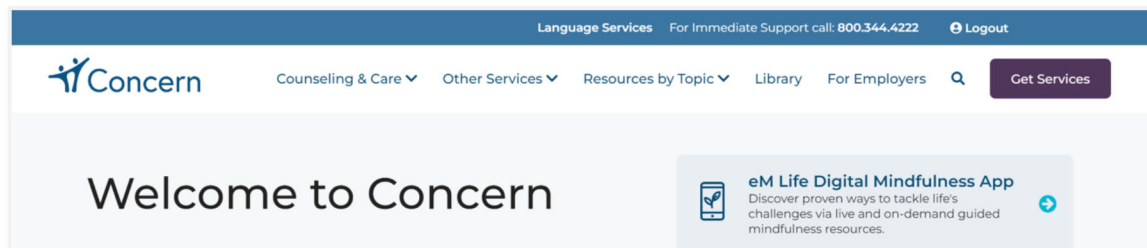
See the next page for easy-access instructions!

For questions or for immediate support, call 800.344.4222.

Getting started with eM Life Is Simple

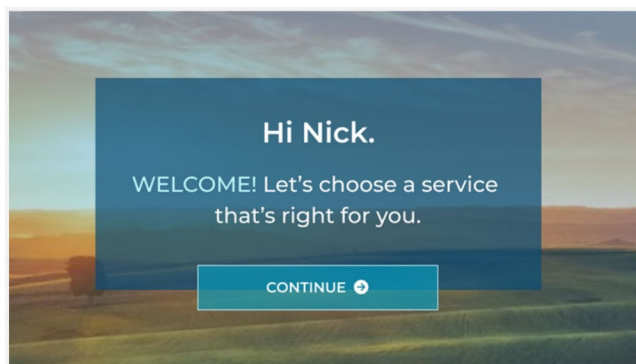
Step 1:

Visit employees.concernhealth.com and click "Get Services" in the main menu. (First-time visitors will be asked to enter their company code.)



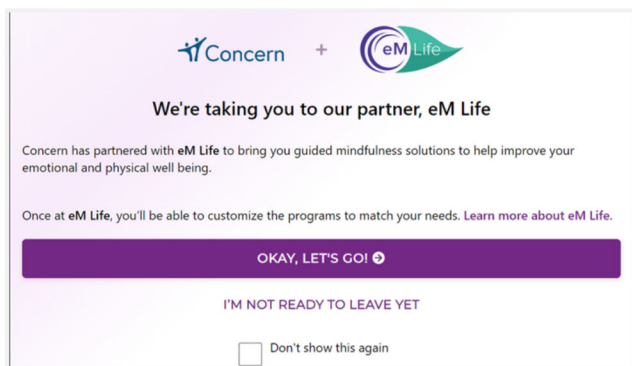
Step 2:

This will take you to our digital hub where you can register or log in if already registered.



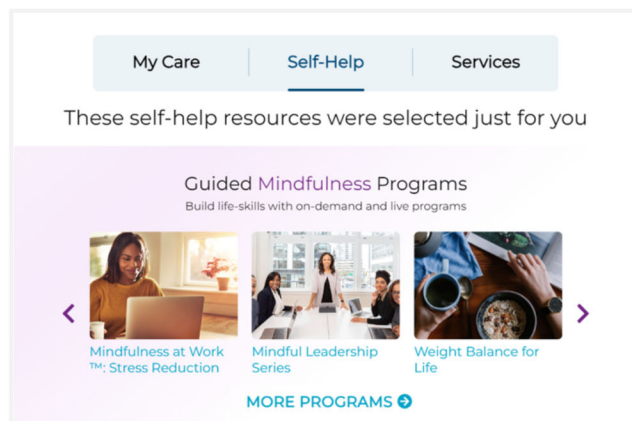
Step 4:

Click *OKAY, LET'S GO!* to be taken to eM Life where you can register and customize preferences and programs that match your needs.



Step 3:

Click on *Self-Help* and then on **any link** in the Guided Mindfulness Programs panel.



Bonus Step

The eM Life app is available from the App Store or Google Play. Now that you've registered, you can download and log in to the app to enjoy the benefits of Guided Mindfulness on the go!



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