Practice Mindfulness with eM Life

Discover 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 entire suite of evidence-based live and on-demand mindfulness solutions.

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. Topics include stress, sleep, diversity and inclusion, weight loss, self-care and so much more
- Participate in live daily 14-minute mindfulness programs led by experts, offered multiple times each day
- Discover resources to help you build and sustain healthy habits

Multi-Week Programs

- Better Living with Diabetes™
- Cultivating Compassion
- Living Well with Chronic Pain™
- Mindfully Overcoming Addictive Behaviors
- Mindfulness at Work™
- Medical Professional Mindfulness Program
- Mindfulness Based Cancer Recovery™
- QuitSmart® Mindfully

Getting started is simple

Visit: https://app.concernhealth.com/sso/emindful and log in with your company code to access eM Life. For questions or for immediate support call 800-344-4222.