

Your New Mindfulness Benefit: eM Life

Discover a proven way to take on life's challenges

eM Life is an app and website that provides evidence-based mindfulness solutions to prevent and reduce mental health concerns such as compassion fatigue, stress, anxiety, depression, chronic pain, and addictive behavior.













Learn more about eM Life. Sign up today!
Enter your company access code **YXDEY**

One Solution, Many Features

- Live daily 14-minute mindfulness programs led by experts multiple times a day
- Hundreds of hours of on-demand content on a wide range of topics including leadership, diversity and inclusion and anxiety
- Expert-led community to gain support and purpose
- Game and meditation timer to help you build and sustain healthy habits
- Easy accessibility via website or app

Immersive Multi-Week Programs

-  Better Living with Diabetes™
-  Cultivating Compassion
-  Living Well with Chronic Pain™
-  Mindfully Overcoming Addictive Behaviors
-  Mindfulness At Work™
-  Mindfulness Based Cancer Recovery™
-  QuitSmart® Mindfully
-  Skills to Thrive in Anxious Times
-  Stress Less, Live More™
-  The Journey Forward: Your M.M.A.P. For Success
-  Weight Balance for Life™