







# 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**.

