



Your new mindfulness benefit: eM Life

Discover a proven way to take on life's challenges












eM Life is a live, virtual mindfulness solution to help you create connections with yourself and others while building skills to manage stress and anxiety, improve focus and enhance your overall well-being.

Learn more about eM Life. Sign up today!

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

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™