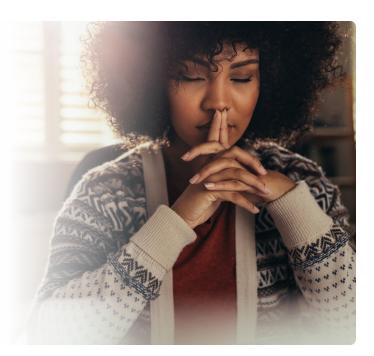




## Your new mindfulness benefit: eM Life

### Discover a proven way to take on life's challenges

eM Life is a live, virtual mindfulness solution to help you create connections 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 ondemand 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™