

Your Newest Mindfulness Benefit

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, Expert-Led Mindful Daily Online Mindfulness Sessions
- Fresh Content Designed to Respond to Changing Needs
- Applied Mindfulness Skills to Cope with Your New Normal
- Expert-Led Community to Build Purpose and Social Good
- Tools to Build and Sustain Healthy Habits
- Easy Accessibility

eM Life helps you:

- Reduce Stress and Anxiety
- Boost Immunity
- Improve Sleep
- Enhance Focus
- Build Connections with Others

71%
reduced stress

50%
improved sleep

47 mins
gained in productivity