



eM Life Online Mindfulness



Access Details:

eM Life offers personalized mindfulness tools with live and on-demand content available 24/7/365.

*To get started today, visit:
www.minesandassociates.com*

- 1. Click “Access Your EAP Services”**
- 2. Click “PersonalAdvantage”**
- 3. Sign-in or register with your company code.**
- 4. Click on the “eM Life” tile and get started!**

** Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

Live & on-demand mindfulness tools anytime, anywhere

eM Life, a purposeful mindfulness solution, seamlessly integrates into everyday life and addresses chronic conditions, fostering health, happiness, and performance. Through its virtual mindfulness approach, eM Life supports the cultivation of self-connections and connections with others. It equips you with skills to manage stress, alleviate anxiety, enhance focus, and elevate overall well-being.

Features include:

- **Mindful Dailies** - 5000+ live, expert-led, interactive online classes each year.
- **On-demand Content** - Hundreds of hours of on-demand content on a wide range of topics.
- **Applied Mindfulness Practices** - Skill building and strategies to integrate into daily life.
- **Expert-led Community** - Connections to gain support and purpose.
- **Game and Meditation Timer** - Tools that build and sustain healthy habits.
- **Real-time Reporting** - Progress and activity tracking to help drive behavior change.

Discover the support you need with eM Life to enhance your wellness. Elevate health, well-being, and productivity, improve sleep, and sharpen focus and awareness. With eM Life, personalize each experience, enhance skills, and receive community support, reinforcing purpose and social connection. Enjoy the convenience of practicing mindfulness anytime, anywhere.

The results speak for themselves with users reporting **74% reduced stress levels** and 65% saying the use eM Life two or more times per week.

Please contact MINES with any questions about this service, if you need help accessing the service online, or if you have any questions about any of your other EAP resources including free and confidential counseling, wellness coaching, and much more. We are here to help!

Free & Confidential support!
Call or log on today to get started at:
1-800-873-7138 or visit
minesandassociates.com

This guide is for informational purposes only. Call MINES for complete details.

