



Your eM Life Online Mindfulness Tool

What is eM Life?

eM Life is a purpose-driven mindfulness solution that can be applied to everyday life and chronic conditions to promote health, happiness, and performance. **eM Life** provides a 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.

Features:

- **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.

Benefits:

- Improves health, well-being, and productivity
- Improves sleep
- Boosts focus and awareness
- Personalizes each experience
- Builds skills and strategies
- Helps gain support with a community
- Builds purpose and social connection
- Makes it easy to practice mindfulness whenever and wherever you'd like
- **Results: 74% reduced stress, 65% of users use eM Life two or more times per week.**

How to Access

To access your **eM life Mindfulness app** just go to minesandassociates.com and click on the **PersonalAdvantage** bar to log into your online portal. **You will need your company's username/company code** when you first create your profile. Once you have created your profile just click on the **eM Life** tile to get started!

MINES' services are free and available to you and your household members. For questions on this or any of your EAP services, including confidential counseling, please call MINES at **1-800-873-7138** and a MINES Team Member will be happy to assist you.

This guide is for informational purposes only. Call MINES for specific information about benefits, limitations, and exclusions.