



Practice Mindfulness with eM Life

A Proven Way to Take on Life's Challenges



Practicing mindfulness benefits physical and emotional wellbeing.

Through Concern, you have access to the **eM Life** guided mindfulness app that can help you learn to:

- More easily cope with stress and anxiety.
- Improve sleep, mood, and performance.
- Cultivate greater resilience, focus, and gratitude.
- Better manage chronic conditions, pain, and diabetes.
- Build healthier habits: quit smoking, eat better, exercise more.

Why Not Give It a Try? With eM Life you can...

Learn new skills and discover resources to help you build and sustain healthy habits.

Personalize choices to match your current needs.

Explore hundreds of live and on-demand sessions on topics like those listed on the left and more!

Participate in live daily 14-minute mindfulness programs led by experts and offered multiple times each day.



See the next page for easy-access instructions, or scan here to register or log in to your digital hub account for eM Life access!

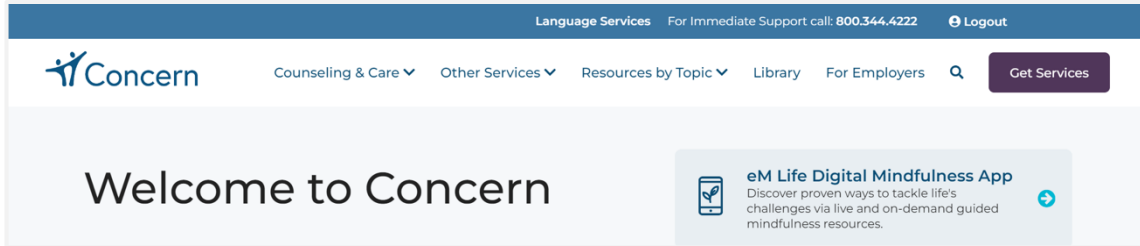


For questions or for immediate support, call 800.344.4222.

Getting started with eM Life Is Simple

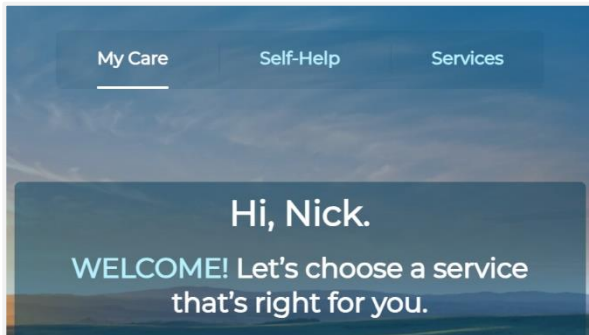
Step 1:

Visit employees.concernhealth.com enter your company code "10000degrees" when prompted and click **Get Services** in the main menu.



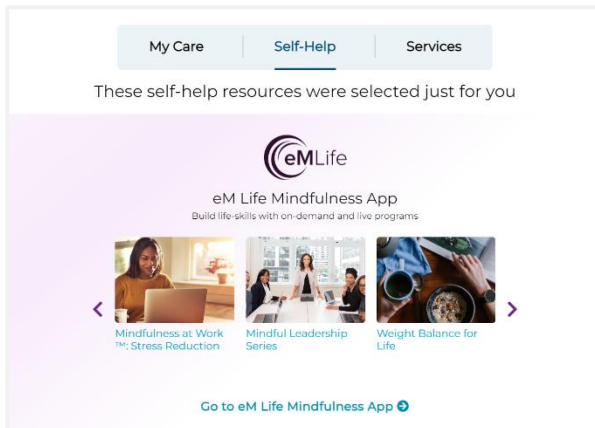
Step 2:

This will take you to our digital hub where you can register or log in if already registered.



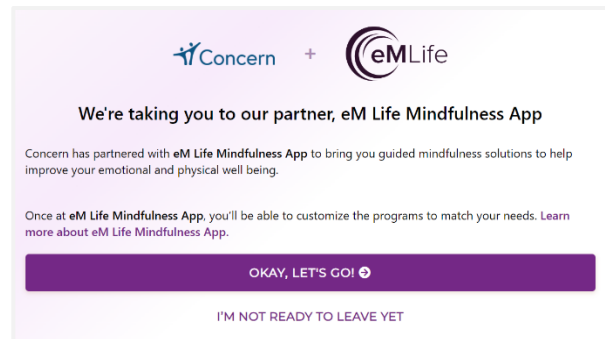
Step 3:

Click on **Self-Help** and then on the **Go to eM Life Mindfulness App** link in the Guided Mindfulness Programs panel.



Step 4:

Click **OKAY, LET'S GO!** to visit eM Life, where you can customize preferences and programs to match your needs.



Step 5:

Enjoy eM Life on the Go! The eM Life app is also available for download from the App Store or Google Play. Simply install and open the app (after registering through Concern's digital hub). Then, choose **ORGANIZATION LOGIN**, enter "concernhealth", and log in with the same username and password you use for the digital hub.

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