

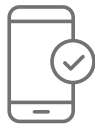


Discover the power of 1%

1% of your day is only 14 minutes

Take the 1% Challenge

Join your UVA colleagues and train your brain to be more focused, present, aware, and resilient.



PARTICIPATE

Login and start your 1% Challenge between August 2nd - August 15th



DEDICATE

Practice mindfulness for at least 14 minutes a day in our live or on-demand sessions



CELEBRATE

Earn rewards and donate to charity for every minute you practice

Connection that magnifies results | By giving to yourself you give to others



How the 1% Challenge Works

- Enrollment starts the first time you participate in any mindfulness activity between August 2nd - August 15th.
- Practice 14 minutes of mindfulness a day with a live or on-demand session via the eM Life app or web.
- Join a Vibe Tribe to support the charity of your choice. Compassionate Connection to support Mental Health America is your default charity.
- You have 30 days to earn your rewards.
- Rewards are earned when you register as well as at 15 and 25 days of consecutive or nonconsecutive participation.
- Redeem your Pulse Cash after 30 days, when your 1% Challenge is complete.

Earn All 3 Rewards

Upon Activation



Mindfulness Practice Guide

15 out of 30 days



\$25 Pulse Cash
for gift card or donation of your choice

25 out of 30 days

\$25 Pulse Cash

for gift card of your choice



[Create an account to take the 1% Challenge.](#)