



# A Proven Solution to Cope with COVID-19

Discover a safe oasis for support during challenging times

eM Life is a live, virtual mindfulness solution to help you manage the heightened stress and anxiety of this rapidly evolving situation. All employees, including those laid off or furloughed because of COVID-19 will continue to have access to eM Life.



Learn more about eM Life and **register** for a class.

## 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 Health Habits**
- **Easy Accessibility via the Web, Mobile, and Native App**  
(iOS and Android)

## eM Life benefits:

- Reduces Stress and Anxiety
- Boosts Immunity
- Improves Sleep
- Enhances Focus
- Builds Connections Despite Social Distancing

**72%**  
reduce stress

**54%**  
improve sleep

**47 mins**  
gained in productivity

**Download the eM Life app today!**



If you have any questions or need assistance, please contact [support@emindful.com](mailto:support@emindful.com)