



A Step-by-Step Guide to Signing Up for eM Life



Everything starts here: vibe.emindful.com/signup/uva

Step 1: Fill in your information to create your account.

Step 2: Fill out the brief survey.

Step 3: Select your experience level with mindfulness.

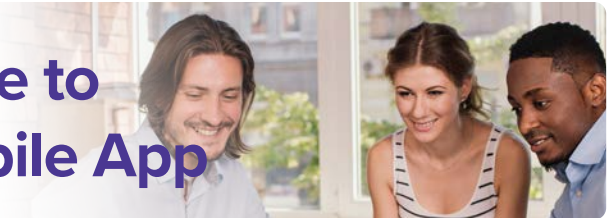
Step 4: Select your intentions for mindfulness.

Step 5: Choose at least 3 mindfulness categories.

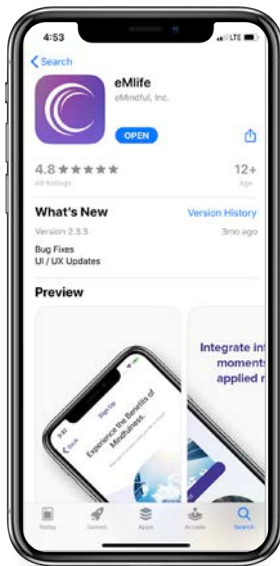
You're All Set!: Feel free to explore our vast library of live and on-demand content.



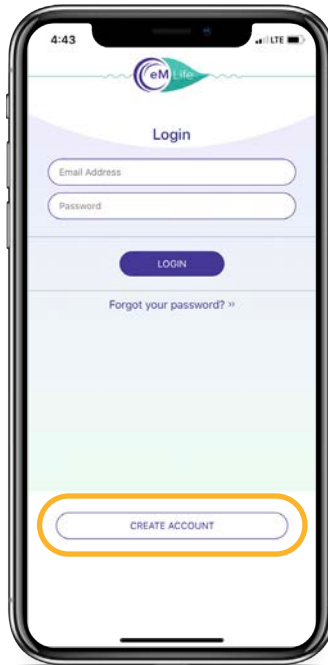
A Step-by-Step Guide to Onboarding our Mobile App



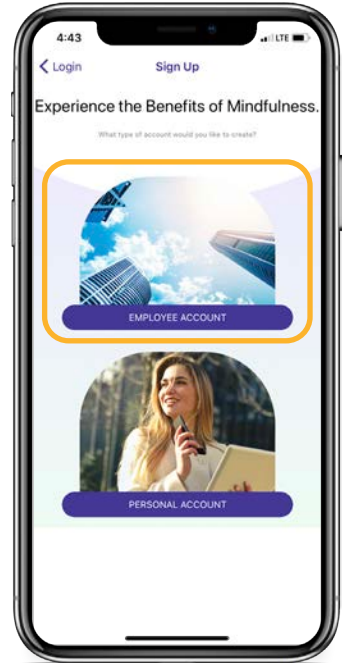
Step 1: Download the eM Life app in the App Store or on Google Play



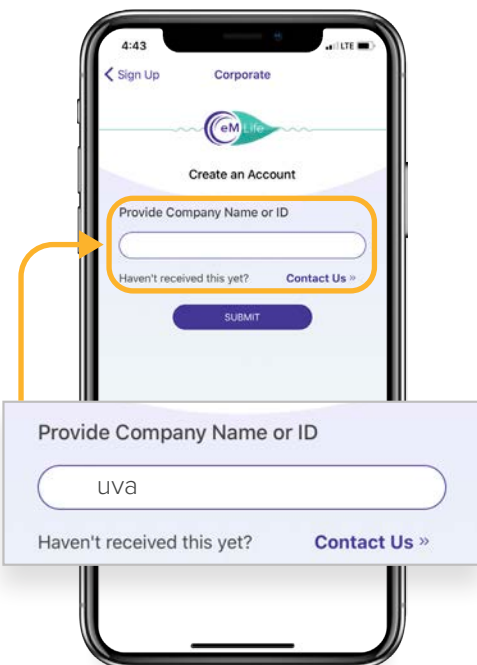
Step 2: Click *Create Account*.



Step 3: Select the *Employee Account* option to proceed.



Step 4: Enter “uva” as your ID.



Step 5: Fill out your personal information.



Step 6: Complete the brief survey and enjoy eM Life.

