



Make Every Moment Matter

eMindful

is the leading provider of purpose-driven mindfulness solutions that improve health and productivity and lower healthcare costs.

Key Company Statistics

- eMindful was founded in 2007
- eMindful has over 10+ years of data-driven insights and proven outcomes
- Teachers have on average 20 years of experience practicing mindfulness

Vision

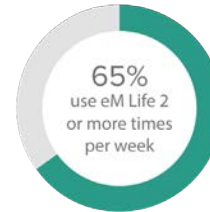
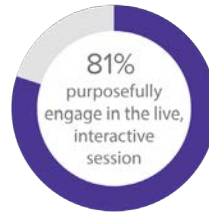
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Mission

To deliver evidence-based mindfulness programs applied to everyday life and chronic conditions, promoting health, happiness and performance.

Utilization and Engagement

Built on a solid foundation of 10+ years of data-driven insights and consistent results at improving workplace performance and health.



Outcomes

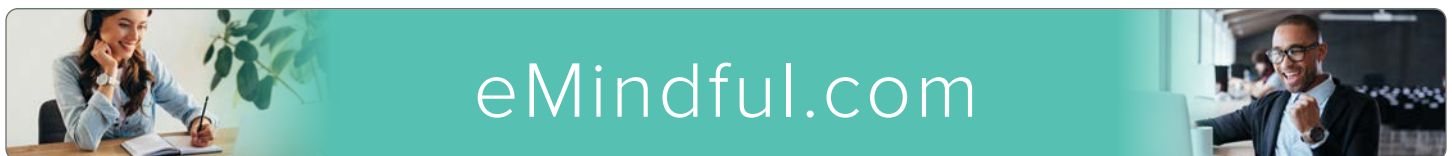
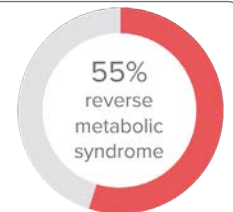
Total Population

eMindful cultivates an experience that creates a deeper connection to oneself and others, fostering an environment that helps populations flourish.



Populations with Chronic Conditions

eMindful integrates into everyday moments in life with applied mindfulness practices that help people make more purposeful decisions about their health, well-being, and chronic conditions.



[eMindful.com](https://www.eMindful.com)



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What is mindfulness?

Mindfulness is being attentive and open to the present moment with curiosity, free from judgment. Through practicing mindfulness, we learn to be more present in our daily lives – benefiting our relationships, emotional health, and overall well-being.

How can mindfulness help our company?

eMindful’s programs, eM Life, can help our employees learn how to make each moment matter with greater focus, creativity, and purposeful decisions.

What makes the eM Life program so different?

There are five key elements that make eM Life different.

First, unlike other programs, eM Life has an **evidence-based approach**. Built on a solid foundation of 10+ years of data-driven insights and consistent results at improving workplace performance and health.

Second, they have **live certified experts** who help deliver perspective, accountability, and personalized mindfulness practices through live, interactive sessions, and bring on average more than 20 years of mindfulness experience and 76% have advanced degrees.

Third, the programs are **designed for daily use**. Employees have immediate access to a personalized experience with fresh, practical content designed for modern consumption habits and communications preferences, including live, on-demand and through a mobile app or on the web.

Fourth, the programs integrate into everyday moments in life with **applied mindfulness practices** that help people make more purposeful decisions about their health, well-being, and chronic conditions.

And finally, the program experience creates a **deeper connection to oneself and others**, fostering an environment that helps populations flourish.





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How the eM Life Programs Work

Getting Started

Employees begin by enrolling in a 1% Challenge where they practice mindfulness 14 minutes a day for 30 days. This quick start is specifically designed to build momentum from the onset of the program and help individuals forge healthier habits over the long-term.

Designed for daily use

The eM Life programs offer access to more than 5,000 live, expert-led Mindful Daily sessions each year and hundreds of hours of on-demand sessions. The text and push messages through the mobile app or the web allow participants to easily integrate mindfulness into everyday life.

Personalized to drive lasting results

With sessions made for beginners, experts, and everyone in between, employees can choose any path that suits their needs. This personalized approach allows individuals to specify their familiarity with mindfulness, choose their intention, and select mindfulness topics, and teachers that are right for them.

Build skills that integrate into daily life

Employees build skills and learn strategies that they can use to cope with the urges, triggers and stress associated with everyday life. The program empowers them to navigate life more effectively and make more purposeful decisions about their health and well-being.

Build connections and flourish with a Vibe Tribes community

Together, employees engage with and learn from each other while gaining purpose by working to

pay-it-forward. For every minute of mindfulness the tribe practices, eMindful donates those minutes of mindfulness to a charity of their choice. This allows individuals to improve their own well-being, reduce feelings of isolation and loneliness, and make a positive impact on others.

Gain insights and celebrate success

As employees increase their mindfulness skills, they will have real-time access to their data, including how many lives they impact as well as the improvements they make to their everyday life. Early success matters and together with the community, we celebrate achievements early and often to inspire motivation to build lasting healthy habits.





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How is eMindful working with our company?

eM Life is working with us to provide mindfulness programs at no cost to our employees. Employees find a personalized experience by choosing a mindfulness path and engage with their favorite mindfulness resources based on their preference.

Live Programs

Live sessions with expert teachers available multiple times a day every day of the week, right on their mobile device.

On-Demand Courses

Find hundreds of hours of engaging audio and video content, across a wide range of subjects like Anxiety, Sleep, Financial Stress, Depression, Leadership, Relationships, Parenting and more.

Guidance from Experts

Learn more about and from a curated group of expert mindfulness teachers from around the globe.

Accessibility

Available on all devices with mobile apps for iPhone and Android with a personalized, simplified, seamless experience.

What you can do to make mindfulness meaningful in your organization

Harnessing the power of mindfulness for your organization starts with you. Here are some easy steps you can take to find out more:

1. Enroll in eM Life. Go to vibe.emindful.com/signup/uva. Make sure to sign up and participate in Mindful Dailies
2. Already enrolled in eM Life? Take the next step and schedule Mindful Dailies for the next week. The next month! And add them to your calendar.
3. Incorporate mindfulness into your meetings.
 - a. Log-in to eM Life
 - b. Search: Mindful Meeting
 - c. Utilize the 1, 3- or 5-Minute Mindful Meeting Moment to kick off your next meeting

By taking time for yourself and practicing mindfulness, you will reap the benefits plus set an example to those on your team, in your office and within the company.