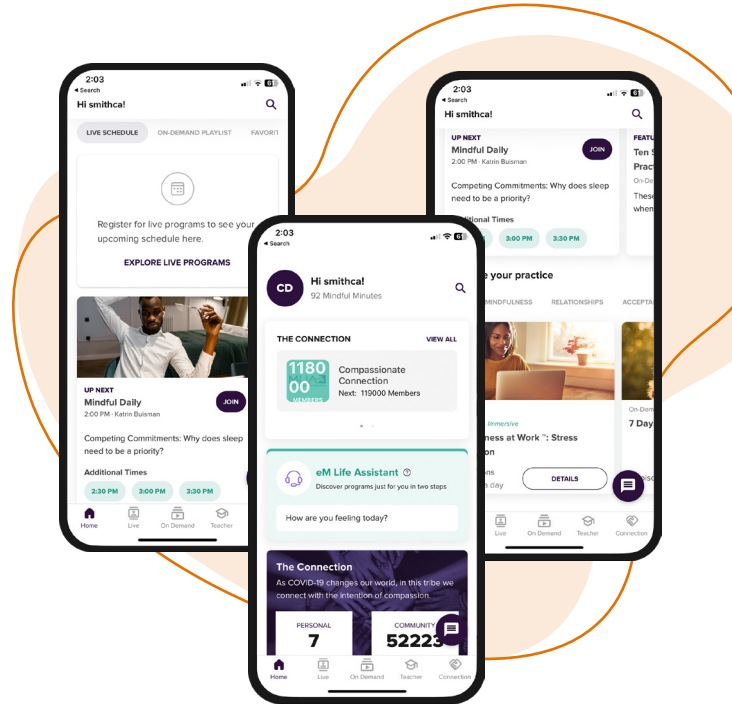




Ease stress and restore your energy with eM Life

eM Life is a live, virtual mindfulness solution to help you build skills to manage stress and anxiety, improve focus and enhance your overall well-being. Hoos Well provides free access to eM Life to employees on the UVA and UPG Health Plans, and their eligible spouses and adult dependents.



Sign up and explore eM Life’s mindfulness programs.

Select “**Employee Account**” and enter your company code to create an account : **UVA**



What is mindfulness?

Mindfulness is being fully aware and in the present moment without judgment.

Why should you give mindfulness a try?

Mindfulness helps you regulate emotions, and be joyfully present in your life. eM Life’s programs will help you build skills to manage stress and anxiety, find gratitude, improve sleep, and enhance your overall well-being.



About eM Life

eM Life™ offers interactive, live and on-demand mindfulness programs led by expert mindfulness teachers. It helps you build skills to manage stress and anxiety, improve focus and enhance your overall well-being. Live, daily and multi-week programs that apply to your everyday life.



Live Immersive Programs:



Better Living with Diabetes

With diabetes, activities like going to the grocery store or gathering with friends can be a challenge. Better Living with Diabetes is a live, virtual, 4-session mindfulness program taught by an expert teacher. This program will help you build skills around mindful eating, movement, and the complex emotions that can occur with diabetes. [Learn More](#)



Cultivating Compassion

It's natural to extend kindness to others when they experience difficulties and not so easy to extend to ourselves. The Cultivating Compassion program is a live, virtual 3-session mindfulness program taught by an expert teacher. This program will help you manage stress, foster positive relationships, and extend compassion to yourself and others. [Learn More](#)



Living Well with Chronic Pain

Living with chronic pain can sometimes be the only thing you can focus on throughout your day to day. Living Well With Chronic Pain is a live, virtual, 10-session mindfulness program taught by an expert teacher. This program will help you build new skills to manage the challenges of chronic pain and reduce the need for medication. It will also address the thoughts and behaviors that may be affecting your physical symptoms. [Learn More](#)



Medical Professional Mindfulness Program

As a medical professional, you are at risk for stress, anxiety, distress, compassion fatigue, and burnout. Created especially for medical professionals by medical professionals. The Medical Professional Mindfulness Program program features specific on-demand collections and episodes for healthcare professionals, plus live one on one mentoring sessions. It will teach you coping strategies and skills to address the challenges that are unique to you and your profession. [Learn More](#)



Mindfully Overcoming Addictive Behaviors

Addiction can take many forms, and each one has its own set of obstacles to overcome. The Mindfully Overcoming Addictive Behaviors is a live, virtual, 10-session mindfulness program taught by an expert teacher. This program will help you take control of your addictive behaviors by learning to identify triggers, manage impulses and shift your mindset while building mindfulness skills and resources. [Learn More](#)



Mindfulness at Work™

We're always busy 'doing' but what would happen if we slowed down and applied mindfulness to our everyday life? Mindfulness at Work™ is a live, virtual, 10-session mindfulness program taught by an expert teacher. This program will help you lower stress and improve your health, happiness, sleep, and overall work performance through a dynamic experience based on your needs in the moment. [Learn More](#)



Mindfulness-based Cancer Recovery

A cancer diagnosis and treatment can affect you both physically and mentally more than you might realize at first. Mindfulness-based Cancer Recovery is a live, virtual, 10-session mindfulness program taught by an expert teacher. This program can help you enhance your immune system function and improve your quality of life, focus, and decision-making skills through mindfulness. [Learn More](#)



QuitSmart™ Mindfully

If you're having a difficult time walking away from tobacco use, you are not alone. QuitSmart™ Mindfully is a live, virtual, 12-session mindfulness program taught by an expert teacher. This program will help you build strategies to cope with cravings and address the emotions behind the addiction that keep you feeling stuck. This program includes free Nicotine Replacement Therapy, NRT (gum or patches). [Learn More](#)



Stress Less, Live More™

Stress affects us all. But it's how we deal with those challenges that determine our quality of life. Stress Less Live More™ is a live, virtual, 10-session mindfulness program taught by an expert teacher. This program will help you feel better, sleep better, concentrate better, and probably even eat better. You'll also feel less physical pain, experience more energy, and also communicate in ways that are less reactive and more effective. [Learn More](#)



Skills to Thrive in Anxious Times

In times of change and uncertainty, it is easy to feel stressed and anxious, where it's difficult to accomplish goals or to have a sense of purpose in our work and life. Skills to Thrive in Anxious Times is a live, virtual, 6-session mindfulness program taught by an expert mindfulness teacher. This program helps you to overcome worry and anxiety and to create more meaning and fulfillment at work and beyond. [Learn More](#)



The Journey Forward: Your M.M.A.P. For Success

There is a powerful mindset military elite forces have in common. The ground can shift beneath you at a moment's notice and you need to know how to adapt. But adapting to military or civilian life isn't always easy. The Journey Forward: The M.M.A.P. For Success is a live, virtual, 10-session mindfulness program taught by an expert teacher and veteran. This program was developed by veterans for veterans and active military to help you with challenges that are unique to your circumstances. [Learn More](#)



Weight Balance for Life

Maintaining weight during times of stress or trying to lose weight can be a struggle. Weight Balance for Life is a live, virtual 20-session mindfulness program taught by an expert teacher. This program will help you build skills you need to maintain or reach a healthy weight and create healthy eating habits. [Learn More](#)