

Your New Mindfulness Benefit: eM Life

Discover a proven way to take on life's challenges

eM Life is an app and website that provides evidence-based mindfulness solutions to prevent and reduce mental health concerns such as compassion fatigue, stress, anxiety, depression, chronic pain, and addictive behavior.










Learn more about eM Life. Sign up today!
Enter your company access code **BDJBP**

One Solution, Many Features

- Live daily 14-minute mindfulness programs led by experts multiple times a day
- Hundreds of hours of on-demand content on a wide range of topics including leadership, diversity and inclusion and anxiety
- Expert-led community to gain support and purpose
- Game and meditation timer to help you build and sustain healthy habits
- Easy accessibility via website or app

Immersive Multi-Week Programs

-  Better Living with Diabetes™
-  Cultivating Compassion
-  Living Well with Chronic Pain™
-  Mindfully Overcoming Addictive Behaviors
-  Mindfulness At Work™
-  Mindfulness Based Cancer Recovery™
-  QuitSmart® Mindfully
-  Skills to Thrive in Anxious Times
-  Stress Less, Live More™
-  The Journey Forward: Your M.M.A.P. For Success
-  Weight Balance for Life™

Congratulations!

eM Life is now part of your Carebridge EAP benefits.
Follow these steps to begin your mindfulness journey:

Required Steps:

1

Sign up at myliferesource.com
using your Company Access Code:
BDJBP

*Already signed up? Log in using
your Carebridge username and
password.*



Please log in to your account

Username

Password

☐ Remember Me

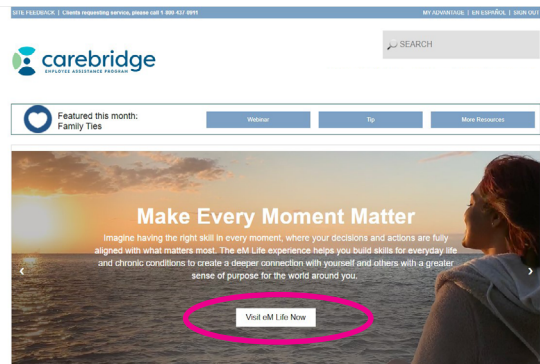
[Forgot Password](#)

LOGIN

[Register a new account](#)

2

Click on the “**Visit eM Life Now**”
button at the middle of the
webpage to access eM Life.



Optional Next Steps for App:

- Download the free eM Life app from App Store or Google Play
- Open the app, choose “Employee Account”
- Then tap the “Organization Login” button
- On the next screen, under “Organization Name or ID” type: **Carebridge**
- Login using the same username and password as myliferesource.com



eM Life

Frequently Asked Questions (FAQs)

What is eM Life?

eM Life is an app and website that provides evidence-based mindfulness solutions to prevent and reduce mental health concerns such as compassion fatigue, stress, anxiety, depression, chronic pain, and addictive behavior.

What is mindfulness?

Mindfulness is maintaining moment-by-moment self-awareness and meeting your thoughts, feelings, body sensations and surrounding environment with kindness, curiosity, and no judgment. Benefits of practicing mindfulness include reduced levels of stress, better mood, increase in compassion, more resilience and calm in stressful situations, higher productivity and efficiency levels, and better quality of sleep.

What are the benefits of eM Life?

- Live and interactive mindfulness sessions held multiple times every day, in various languages, by a diverse group of highly certified experts.
- On-demand access to hundreds of hours of content across a wide range of topics like sleep, anxiety, performance, eating, parenting, leadership, financial stress, and more.
- Video and audio-only experiences offered in 1-10+ minute single sessions or multi-episode series.
- Immersive programs including a Medical Professional Mindfulness Program which offers 1:1 scheduled sessions with a mindfulness expert specializing in healthcare.

Do I need to register for eM Life?

Yes. Register via the Carebridge secure member website, myliferesource.com.

- First create a username and password on myliferesource.com using your access code (If you have already created an account with Carebridge, skip this step and go to step #2.)
- Once an account is created, access eM Life via myliferesource.com by choosing “Visit eM Life Now” in the scrolling images near the top of the webpage.

How do I download the free eM Life app?

You must take the following steps to access the app free of charge:

1. First create a username and password on myliferesource.com using your access code (If you have already created an account with Carebridge, skip this step and go to step #2)
2. Once an account is created, access eM Life via myliferesource.com by choosing “Visit eM Life Now” in the scrolling images near the top of the page
3. Download the free eM Life app from Apple Store or Google Play
4. Open the app and tap on the Organization Login button
5. On the next screen, under Organization Name or ID, type: Carebridge
6. Log-in using the same username and password created on myliferesource.com
7. Welcome to the eM Life app! You now have access to live mindfulness practices, immersive programming, and multi-episode series to support your mental health.

There’s a \$9.99, \$99.99 and \$399.99 purchase price for eM Life in the Apple App Store and Google Play, will I be charged this price?

eM Life is a free benefit through your Carebridge EAP! To have free access, you MUST login using your Carebridge login information.

Can my spouse or dependent(s) also use the free eM Life app?

Your organization covers you, your spouse, and dependents up to the age of 26 as well as other family members living in your household. As part of your EAP benefit, your eligible family members may go through the same steps outlined above and create a personal account with Carebridge via myliferesource.com before downloading the free eM Life app.

How often will eM Life send me emails?

eM Life is respectful of email inboxes. There is a weekly email that begins once a new account is created promoting the newest content available, live sessions and other supports for your mental health and wellness. Additionally, if you sign up for a live session or program, you may be sent confirmation or reminder emails. You can unsubscribe from emails at any time.

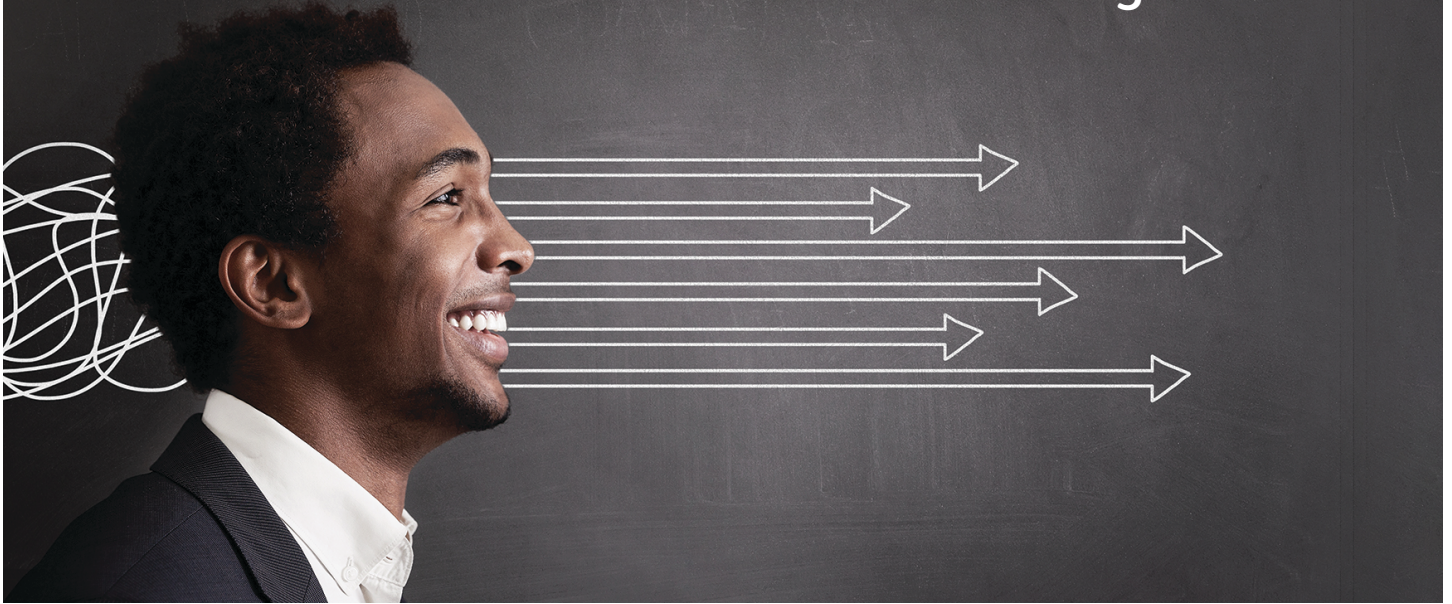
How do I turn off email notifications from eM Life?

In the app or website, go to your account profile and select the “notifications” tab. There is a toggle to switch on and off email notifications.



Personal Life Coaching

for Times When You Need Assistance Achieving Your Goals



Are you contemplating making changes to improve the quality of your life but feeling overwhelmed with getting started or maintaining momentum?

Life coaching can assist you in figuring out your strengths, your personality, your values, and in developing a personal vision. With the encouragement of a life coach, you will identify goals, generate a plan, and confront obstacles that are holding you back from making the changes you desire. You will create strategies to stay motivated throughout the process. Successful coaching will assist you with internalizing the lessons learned so you can use them with future goals.

Life coaching can help you with specific projects and personal goals such as:

- Integrating Your Work and Personal Life
- Self-Care - Getting Your Own Needs Met
- Living Your Purpose
- Prioritizing Relaxation and Fun
- Nurturing Positive Connections
- Transitioning through Major Life Events (i.e. Moving, Parenting)
- Managing Anger, Upsets, Frustration, and Stress

The life coaching benefit is provided by certified life coaches. Your benefit includes six free telephonic coaching sessions. To learn more about the benefits of personal life coaching, contact Carebridge at **800.437.0911** or **clientservice@carebridge.com**, 24-7. Visit **myliferesource.com** for additional information. All services are confidential.

Legal Resources & Consultation



When legal concerns arise, knowing where to turn for professional guidance is essential. Your Carebridge legal benefit includes free access to qualified and experienced attorneys. Simply call 800-437-0911 to access this service, or email clientservice@carebridge.com for additional information.

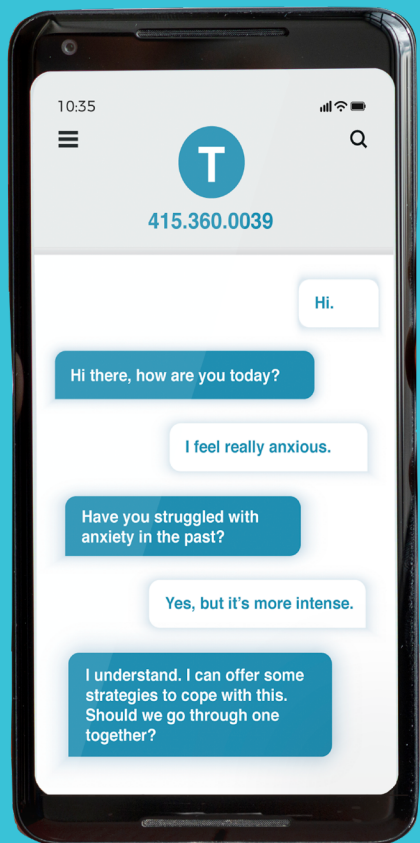
Your legal benefit entitles you to one 30-minute free office or telephone consultation per separate legal matter. In the event that you decide to retain an attorney after the consultation, you will be entitled to a discounted hourly rate. You can use your benefit for most types of legal matters. Types of issues for which a member may use this program include:

- Civil/Consumer
- Personal/Family
- Criminal Matters
- Real Estate
- Estate Planning
- Health/Medical

Should you wish to create your own legal documents, instant access to hundreds of legal forms covering most situations is available at myliferesource.com.

Legal consultation and referral services are not available for second opinions, third-party advice, or employer-related issues.

1 in 5 Adults Face a Mental Health Challenge



Getting help is now easier than ever thanks to TESS!

TESS is an artificial intelligence (AI) based tool that can serve as your first line of defense in protecting your emotional wellbeing and enhancing positive mental health.

Enjoy the convenience of communicating with TESS via your mobile device whenever you need accurate information and evidence-based strategies to assist with:

- Personal struggles
- Stress
- In-the-moment anxiety
- Anger
- Sleeping difficulties

Start chatting with TESS by texting “hi” to
415.360.0039.

Text messaging rates may apply. TESS is free and available 24-7 within the United States for you, and for members of your family over the age of 13.