

Jefferson College's PAS Mindfulness Benefit: eM Life

Discover a proven way to take on life's challenges

eM Life is a live, virtual mindfulness solution to help you create connections with yourself and others while building skills to manage stress and anxiety, improve focus and enhance your overall well-being.

eM Life is available to you, your spouse, and your dependents as part of your benefits package.



Step 1. Download eM Life from the App Store or Google Play.



Step 2. Scan this QR code to create an account.



Step 3. Enter the provided app code. You're all set!

App Code: **Jeffco**

or **click below** to sign up online.



<https://vibe.emindful.com/signup/pasclient>

One Solution, Many Features:

- Live daily 14-minute mindfulness programs led by experts multiple times a day
- Live monthly online programs led by experts covering everything from stress to weight balance
- 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

eM Life helps you:

- Reduce Stress and Anxiety
- Boost Immunity
- Improve Sleep
- Enhance Focus
- Build Connections with Yourself and Others

Multi-Week Immersive Programs

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