



Ease stress to improve your mental wellbeing with eM Life

eM Life's vast live and on-demand mindfulness programs are scientifically proven to help you:

- Relieve stress and build resilience
- Boost your mood and strengthen relationship
- Improve sleep and sharpen focus



**Sign up for
eM Life today!**

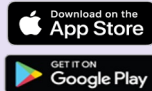
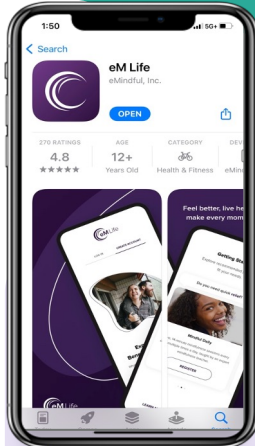
Available on the web or via the app

Download the eM Life app

Login with your account or Sign up (see below)

Step 1

Download the
eM Life app.



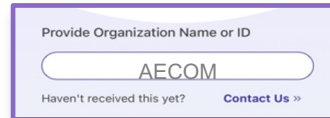
Step 2

Select 'Employee
Account'.



Step 3

Enter your Org ID.



Step 4

Create account

