



# Take care of your mental wellbeing with eM Life

Discover a proven way to take on life's challenges

eM Life is a live and on-demand mindfulness solution to help you build skills to manage stress and anxiety, improve focus, and enhance your overall wellbeing.

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



## Click here to sign up for eM Life!

### What do I get with eM Life?

- Live, expert-led mindfulness classes held multiple times a day to help you feel better and live healthier
- Hundreds of hours of on-demand content on a wide range of topics including stress, sleep, and chronic conditions
- Connect with mindfulness experts for support with your practice
- Meditation timer to help build and sustain healthy habits
- Support a charity of your choice with every minute you practice

**71%**  
reduce stress

**50%**  
improve sleep

**47 mins**  
gained in productivity

If you have any questions or need assistance, please contact [support@emindful.com](mailto:support@emindful.com)

### eM Life's programs have been proven to help:

- Relieve stress and build resilience
- Sharpen your focus to boost performance
- Enhance creativity
- Improve your mood and strengthen relationships
- And so much more!

### Download the eM Life app today!

Select Employee Account and enter Company Code: **NOVAfit.**

