

## 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.** Go to [mypaseap.com](http://mypaseap.com) or the **myPASapp**.

Your org code to create your personalized [mypaseap.com](http://mypaseap.com) account and log in is

**CESPAS**

**Step 2.** Once logged in, select **eM Life** from the dashboard.

**Step 3.** Scroll to bottom of page and click on the **Access eM Life** button.

**Step 4.** Enter your account details to create your own eM Life account.

**You're all set!**

Questions? Email [client.services@paseap.com](mailto:client.services@paseap.com)













### 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™