

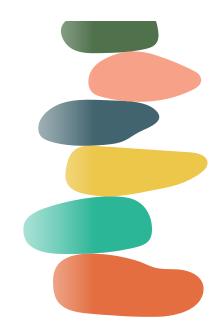


PAS Mindfulness Benefit: eM Life

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 <u>mypaseap.com</u> or the **myPASapp**.

Your org code to create your personalized 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 <u>client.services@paseap.com</u>

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™