

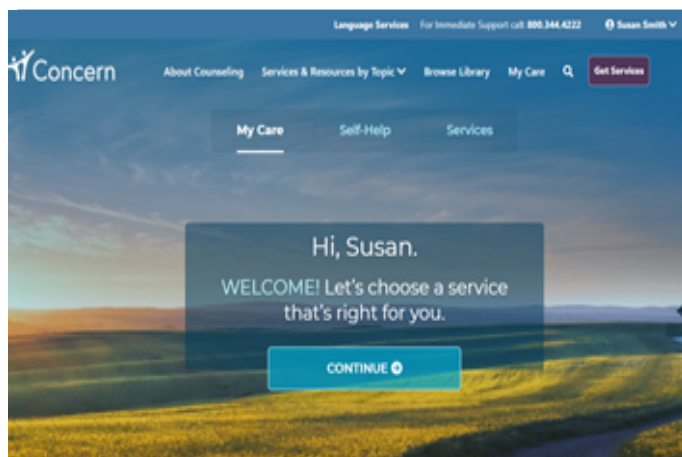


A Step-by-Step Guide to Signing Up for eM Life

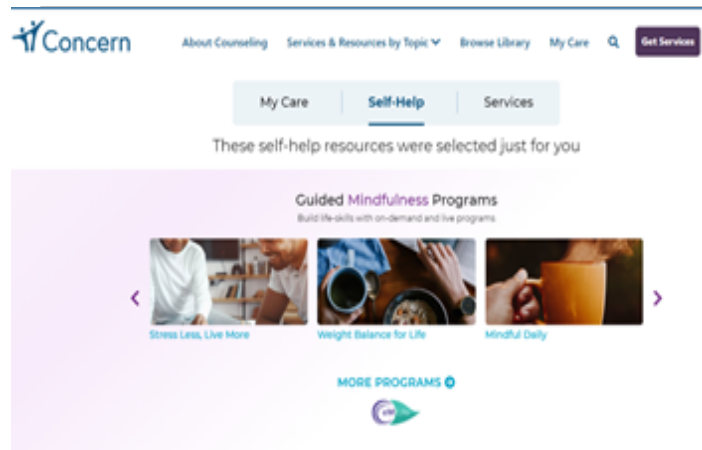


Everything starts here: employees.concernhealth.com

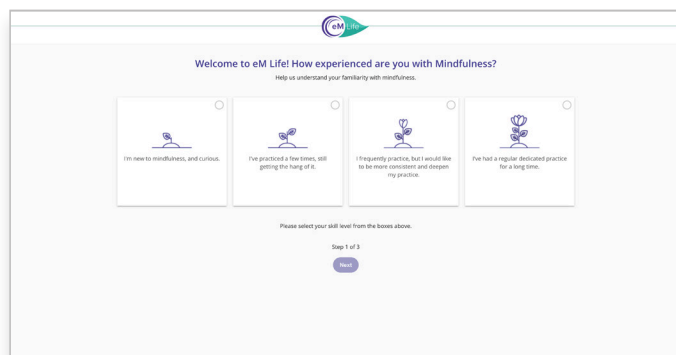
Step 1: Register to create your Concern Dashboard or Log in if already registered.



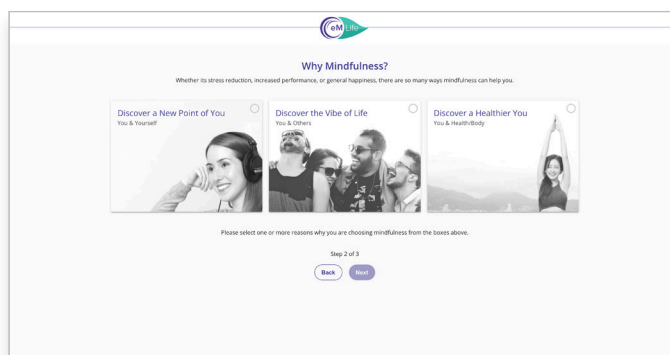
Step 2: Click **Self-Help**, choose **Guided Mindfulness Programs**



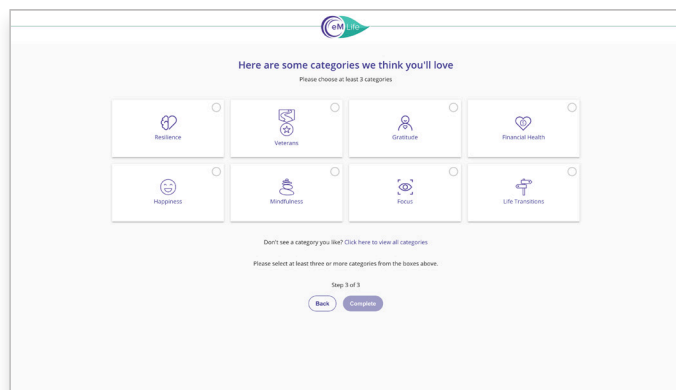
Step 3: Select your experience level with mindfulness.



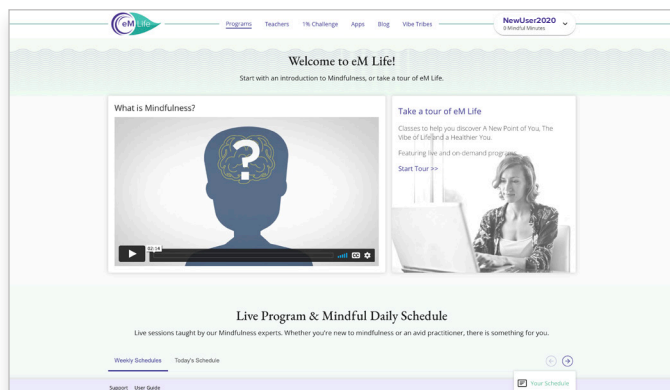
Step 4: Select your intentions for mindfulness.



Step 5: Choose at least 3 mindfulness categories.



You're All Set!: Feel free to explore our vast library of live & on-demand content.

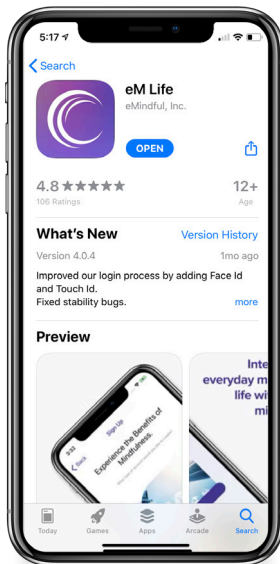




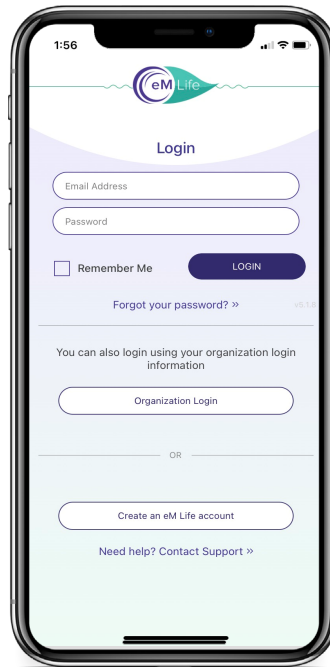
A Step-by-Step Guide to Using the eM Life Mobile App



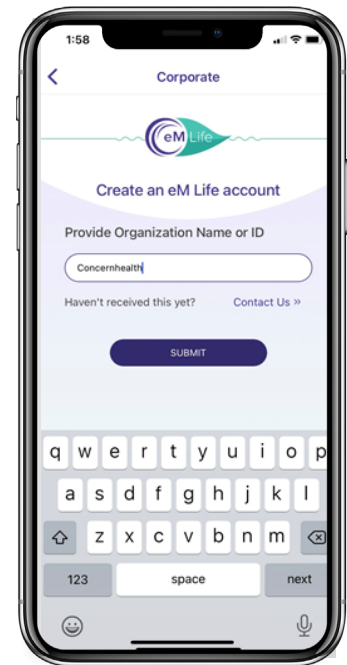
Step 1: Download the eM Life app in the App Store or on Google Play



Step 2: Click *Organization Login*



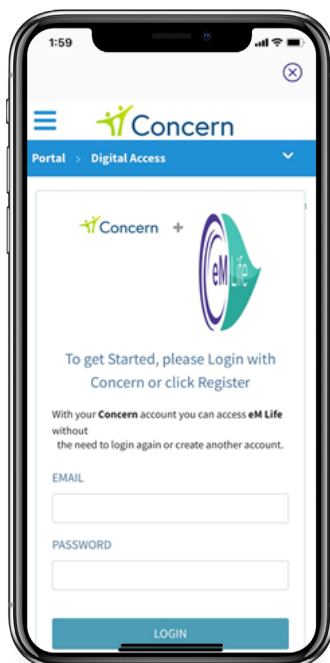
Step 3: Enter organization name *Concernhealth* and click SUBMIT.



Step 4: Click "*SignUp with Organization Login.*"



Step 5: Enter the email address and log in you used on the Concern site.



Step 6: Enjoy eM Life whenever you want.

