

eM Life

Frequently Asked Questions (FAQs)

What is eM Life?

eM Life is an app and website that provides evidence-based mindfulness solutions to prevent and reduce mental health concerns such as compassion fatigue, stress, anxiety, depression, chronic pain, and addictive behavior.

What is mindfulness?

Mindfulness is maintaining moment-by-moment self-awareness and meeting your thoughts, feelings, body sensations and surrounding environment with kindness, curiosity, and no judgment. Benefits of practicing mindfulness include reduced levels of stress, better mood, increase in compassion, more resilience and calm in stressful situations, higher productivity and efficiency levels, and better quality of sleep.

What are the benefits of eM Life?

- Live and interactive mindfulness sessions held multiple times every day, in various languages, by a diverse group of highly certified experts.
- On-demand access to hundreds of hours of content across a wide range of topics like sleep, anxiety, performance, eating, parenting, leadership, financial stress, and more.
- Video and audio-only experiences offered in 1-10+ minute single sessions or multi-episode series.
- Immersive programs including a Medical Professional Mindfulness Program which offers 1:1 scheduled sessions with a mindfulness expert specializing in healthcare.

Do I need to register for eM Life?

Yes. Register via the Carebridge secure member website, myliferesource.com.

- First create a username and password on myliferesource.com using your access code (If you have already created an account with Carebridge, skip this step and go to step #2.)
- Once an account is created, access eM Life via myliferesource.com by choosing "Visit eM Life Now" in the scrolling images near the top of the webpage.

How do I download the free eM Life app?

You must take the following steps to access the app free of charge:

1. First create a username and password on myliferesource.com using your access code (If you have already created an account with Carebridge, skip this step and go to step #2)
2. Once an account is created, access eM Life via myliferesource.com by choosing “Visit eM Life Now” in the scrolling images near the top of the page
3. Download the free eM Life app from Apple Store or Google Play
4. Open the app and tap on the Organization Login button
5. On the next screen, under Organization Name or ID, type: Carebridge
6. Log-in using the same username and password created on myliferesource.com
7. Welcome to the eM Life app! You now have access to live mindfulness practices, immersive programming, and multi-episode series to support your mental health.

There’s a \$9.99, \$99.99 and \$399.99 purchase price for eM Life in the Apple App Store and Google Play, will I be charged this price?

eM Life is a free benefit through your Carebridge EAP! To have free access, you MUST login using your Carebridge login information.

Can my spouse or dependent(s) also use the free eM Life app?

Your organization covers you, your spouse, and dependents up to the age of 26 as well as other family members living in your household. As part of your EAP benefit, your eligible family members may go through the same steps outlined above and create a personal account with Carebridge via myliferesource.com before downloading the free eM Life app.

How often will eM Life send me emails?

eM Life is respectful of email inboxes. There is a weekly email that begins once a new account is created promoting the newest content available, live sessions and other supports for your mental health and wellness. Additionally, if you sign up for a live session or program, you may be sent confirmation or reminder emails. You can unsubscribe from emails at any time.

How do I turn off email notifications from eM Life?

In the app or website, go to your account profile and select the “notifications” tab. There is a toggle to switch on and off email notifications.

