

Your New Partner in Mindfulness: eM Life



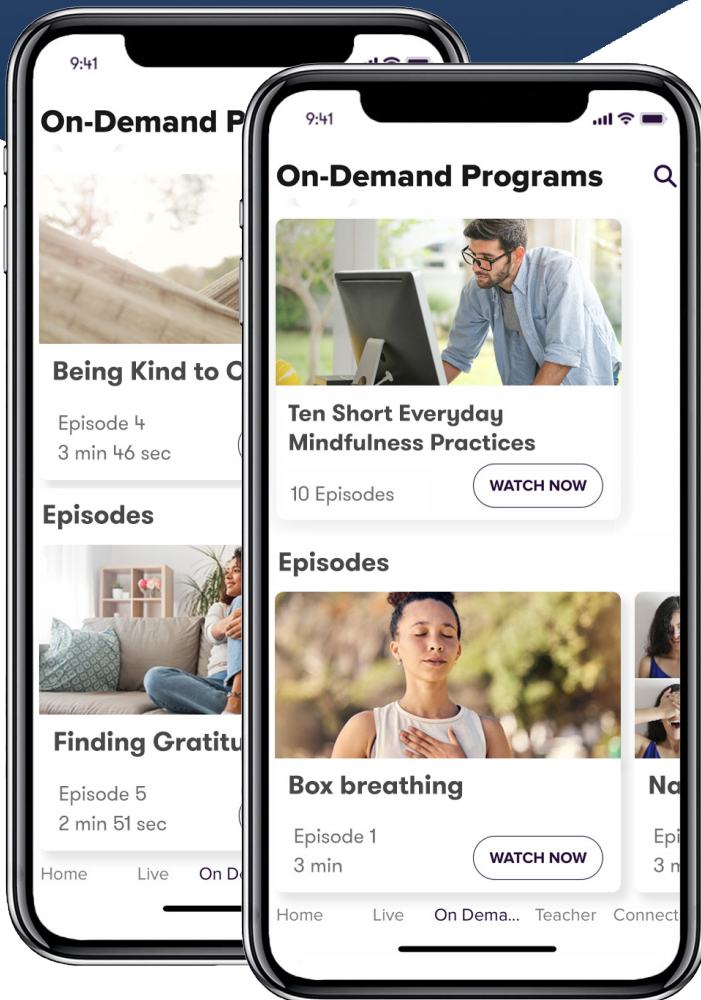
eM Life is available to you, your spouse, and your dependents for free, as part of your benefits package.

Discover a proven way to take on life's challenges

eM Life is a live, digital mindfulness app that will help you build skills to manage stress and anxiety, improve focus and enhance your overall well-being.

Sign up today and get access to:

- Live daily mindfulness programs led by experts multiple times a day
- Hundreds of hours of on-demand content on a wide range of topics including leadership, mindful eating and anxiety
- Monthly online programs led by experts covering everything from stress to weight balance



eM Life can help you:

- Reduce Stress and Anxiety
- Boost Immunity
- Improve Sleep
- Enhance Focus
- Build Connections with Yourself and Others



Get eM Life started for free with PAS today:



Visit mypaseap.com
and use your org code:
TelHai
to create your personalized account



Log in and select the
eM Life button from the dashboard on
your homepage



Watch an optional short video about the
service, then scroll down and click the
"Access eM Life" button



Enter the code again and create your
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Take your mindfulness on the go by
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