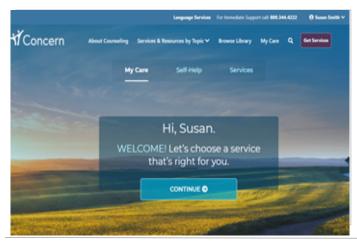
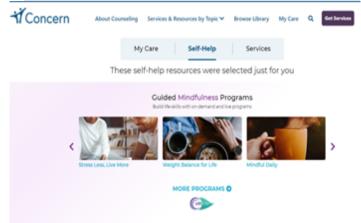


#### Everything starts here: employees.concernhealth.com

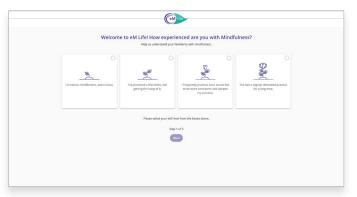
**Step 1:** Register to create your Concern Dashboard or Log in if already registered.



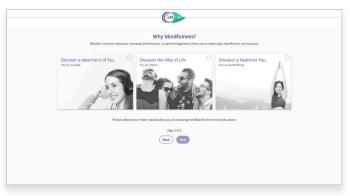
#### Step 2: Click Self-Help, choose Guided Mindfulness Programs



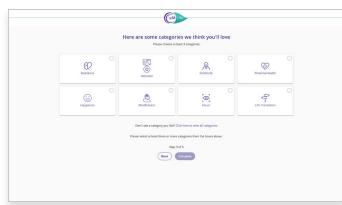
### **Step 3:** Select your experience level with mindfulness.



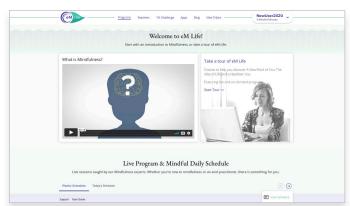
# **Step 4:** Select your intentions for mindfulness.



# **Step 5:** Choose at least 3 mindfulness categories.



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

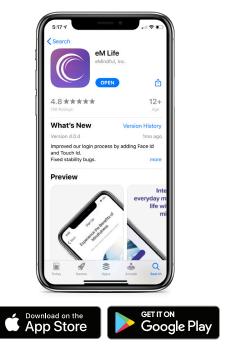




#### A Step-by-Step Guide to Using the eM Life Mobile App



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



Step 2: Click **Organization Login** 

(eML

Email Address

Remember Me

Login

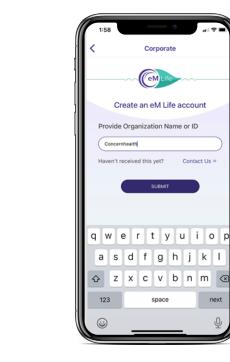
Forgot your password? »

You can also login using your organization login information Organization Login

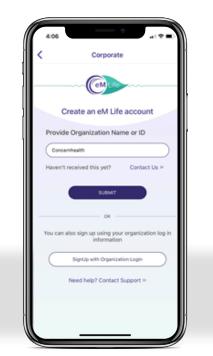
Create an eM Life account

Need help? Contact Support »

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



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

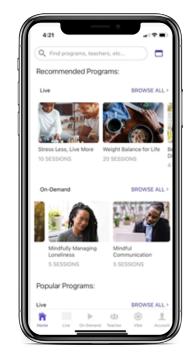


Step 5: Enter the email address and log in you used on the Concern site.



Step 6: Enjoy eM Life whenever you want.

next



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