



Make Every Moment Matter

eMindful delivers evidence-based mindfulness programs built on a solid foundation of 10+ years of data-driven insights and consistent results at improving health, productivity, and healthcare costs.

80%

of Americans affected by stress¹

450 MILLION

days missed by full-time workers who have chronic conditions²

\$1 TRILLION

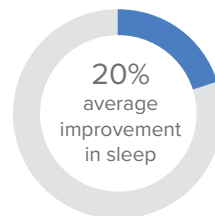
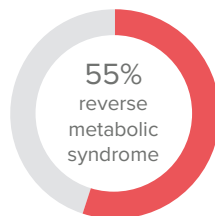
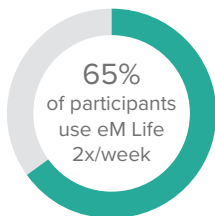
estimated annual cost in lost productivity from depression and anxiety³

\$226 BILLION

annual cost of lost productivity due to absenteeism²

The eMindful Difference

Purpose-driven mindfulness. Proven outcomes.



Evidence-Based Approach



Live Certified Experts



Designed for Daily Use



Applied Mindfulness



Connection That Magnifies Results

Sources: 1. Gallup 2. Centers for Disease Control and Prevention 3. World Health Organization



Solution Overview

eM Life is a purpose-driven mindfulness solution for your total population. Experience the connection with certified experts in live, interactive, or on-demand sessions and go deeper and add our evidence-based Applied Programs that address high-cost chronic and behavioral health conditions.

- 5,000+ live sessions per year
- new skills shared every day
- hundreds of hours of on-demand content across a wide range of health concerns
- complementary engagement tools and assets
- real-time data dashboard with key insights



Stress Less, Live More

This program helps individuals lower stress and discover new strategies to make a meaningful impact in everyday life. Participants improve physical health, emotional well-being, sleep, performance and effectiveness, energy, and more.



Weight Balance for Life

This program helps individuals with sustainable weight loss, and the social and emotional health issues associated with food. Participants establish more intentional behaviors around food and mindful eating, allowing them to improve their overall health.



Living Well with Chronic Pain

This non-pharmacological pain management program, developed in collaboration with Vanderbilt University, helps individuals learn how to harness the power of the mind to reverse the disabling effects of chronic pain/MSK while easing associated symptoms of anxiety, depression, and returning to work.



Mindfully Overcoming Addictive Behaviors

This program helps individuals overcome addictive behaviors of all kinds. Participants develop self-awareness skills to identify triggers, manage impulses, and shift limiting mindsets.



Mindfulness-based Cancer Recovery

The program, developed in collaboration with the University of Calgary, helps individuals with cancer increase immunological functioning and improve quality of life, focus, and decision-making skills. This is the only mindfulness-based cancer support program available in a live, interactive online experience for people who are coping with cancer.



QuitSmart Mindfully

This program helps individuals quit smoking within six months of beginning the program. Participants learn a variety of urge-surfing mindfulness tactics to break through tobacco use and reduce behavioral patterns that interfere with their success.



Better Living with Diabetes

This program helps individuals with diabetes cope with the emotional and physical challenges of their condition, and the overall stress of making lifestyle changes. Participants build skills around nutrition, movement, social behaviors, and stress, helping them feel more confident about living with diabetes.



Medical Professional Mindfulness Program

This program was developed by medical professionals for medical professionals to cope with the stress, compassion fatigue, and burnout associated with their demanding career.