



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



Everything starts here: [employees.concernhealth.com](https://employees.concernhealth.com)

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

**Step 2:** Click GO TO EM LIFE

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

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

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

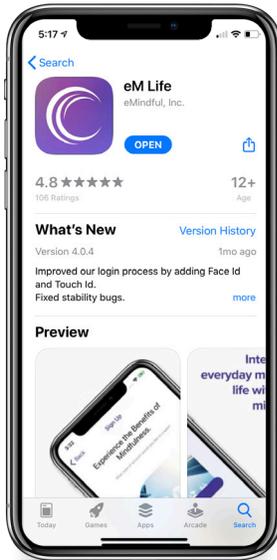
**You're All Set!:** Feel free to explore our vast library of live & on-demand content.



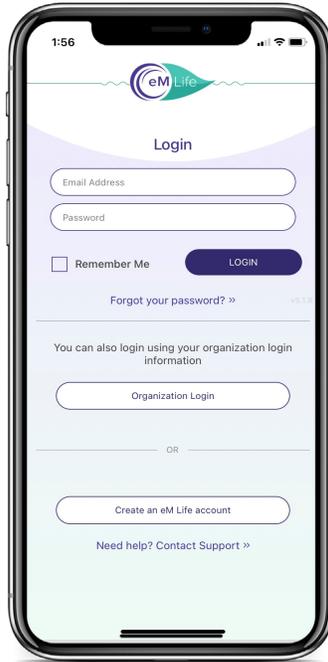
# A Step-by-Step Guide to Using the eM Life Mobile App



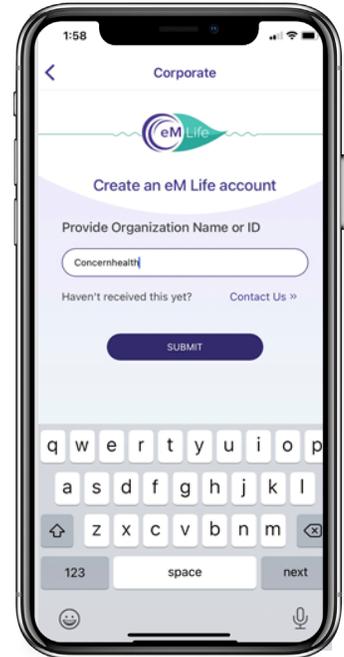
**Step 1:** Download the eM Life app in the App Store or on Google Play



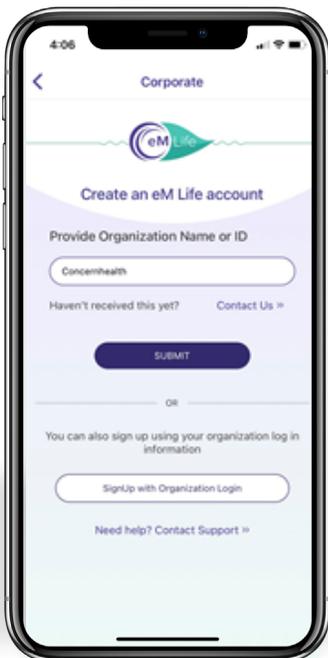
**Step 2:** Click *Organization Login*



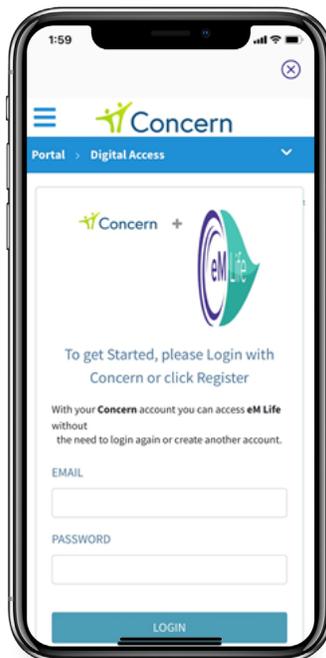
**Step 3:** Enter organization name *Concernhealth* and click SUBMIT.



**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.

