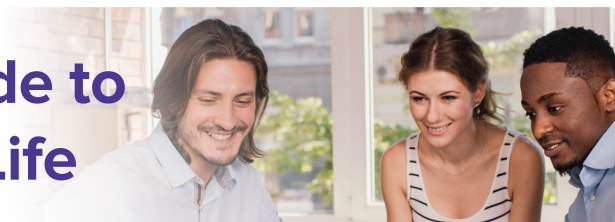




A Step-by-Step Guide to Signing Up for eM Life



Everything starts here: employees.concernhealth.com

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

The registration form is titled "Great, now let's get you registered!". It includes fields for First Name, Last Name, Email Address, Date of Birth, Phone Number, and Password. There are also checkboxes for "Check here if we can leave a message on this phone number if we are unable to reach you" and "Why is this important?". The form is part of a larger interface with a top navigation bar and a sidebar.

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

The page is titled "Guided Mindfulness Programs" and features a "Learn more" link. It lists various topics: Stress, Weight, Relationships, Anxiety, Sleep, Depression, Happiness, and Parenting. A "GO TO EM LIFE" button is prominently displayed. The eM Life logo is also present.

Step 3: Select your experience level with mindfulness.

This screen asks the user to select their experience level with mindfulness. It offers four options: "I'm new to mindfulness, and curious.", "I've practiced a few times, still getting the hang of it.", "I frequently practice, but I would like to be more consistent and deepen my practice.", and "I've had a regular dedicated practice for a long time." The user is instructed to select one or more reasons why they are choosing mindfulness from the boxes above.

Step 4: Select your intentions for mindfulness.

This screen asks the user to select their intentions for mindfulness. It offers three options: "Discover a New Point of You You & Yourself", "Discover the Vibe of Life You & Others", and "Discover a Healthier You You & Your Body". The user is instructed to select one or more reasons why they are choosing mindfulness from the boxes above.

Step 5: Choose at least 3 mindfulness categories.

This screen displays a grid of eight categories: Resilience, Veterans, Graduate, Financial Health, Happiness, Mindfulness, Food, and Life Transitions. The user is instructed to select at least three or more categories from the boxes above.

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

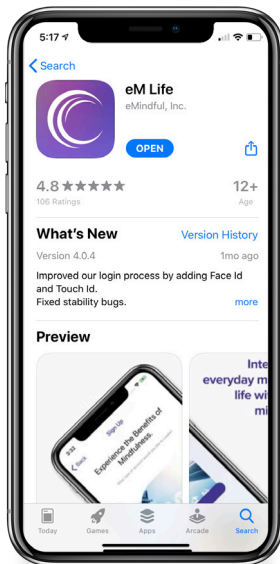
The dashboard shows a "Welcome to eM Life!" message and a "Start with an introduction to Mindfulness, or take a tour of eM Life." section. It features a video player for "What is Mindfulness?" and a "Take a tour of eM Life" section. The dashboard also includes a "Live Program & Mindful Daily Schedule" section with a "Weekly Schedule" and "Today's Schedule" tab.



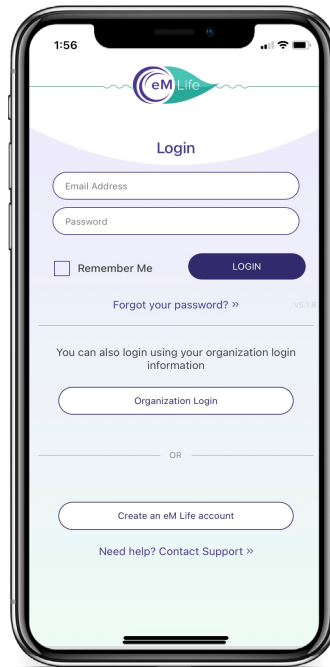
A Step-by-Step Guide to Using the eM Life Mobile App



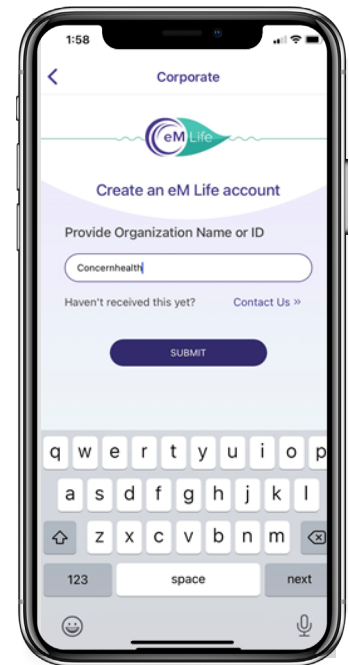
Step 1: Download the eM Life app in the App Store or on Google Play



Step 2: Click *Organization Login*



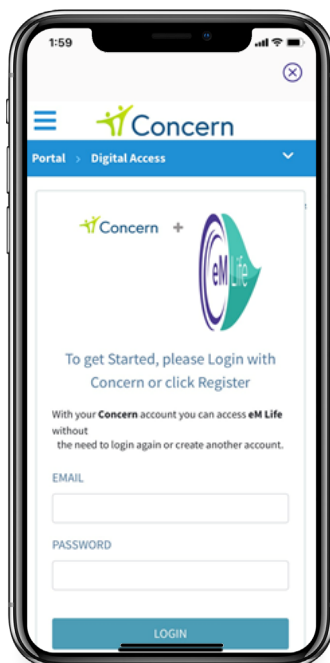
Step 3: Enter organization name **Concernhealth** and click SUBMIT.



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.

