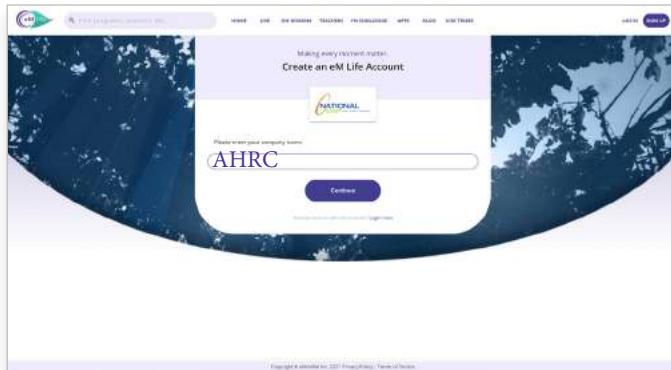




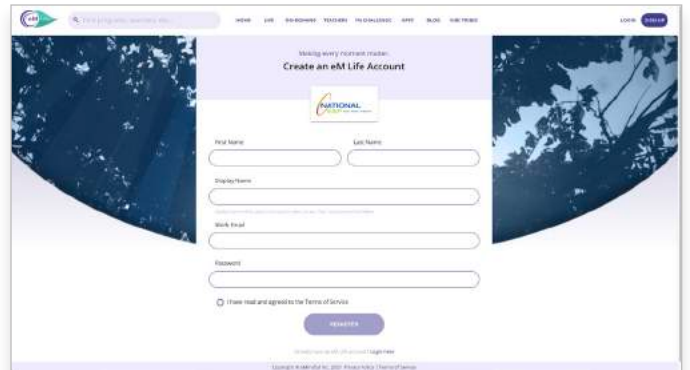
A Step-by-Step Guide to Signing Up for eM Life through National EAP

Go to: <https://nationaleap.com/resources/online-eap-services/>
Click on eM Life to Enroll

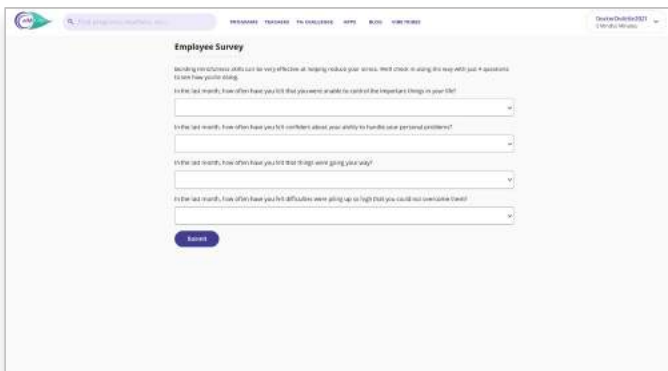
Step 1: Enter Company Name.



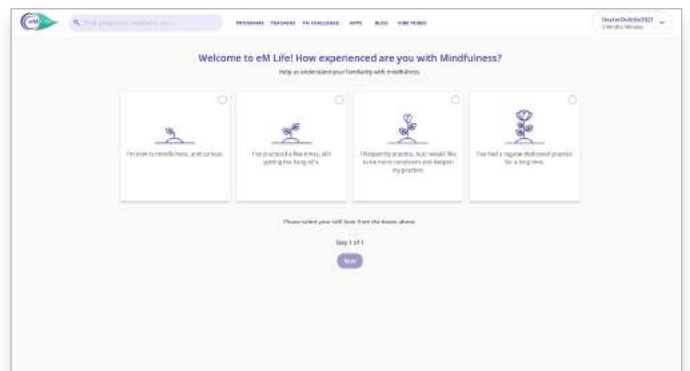
Step 2: Fill out your information.



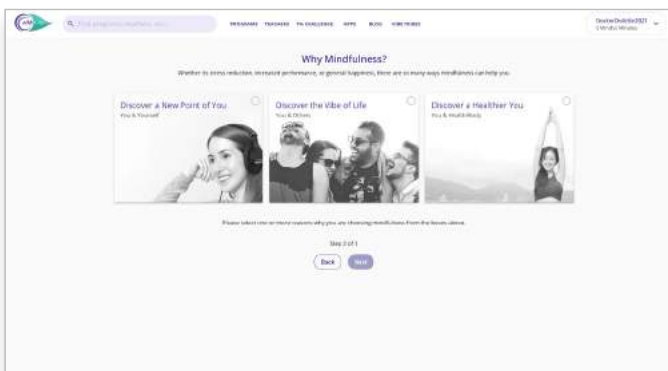
Step 3: Fill out the brief survey.



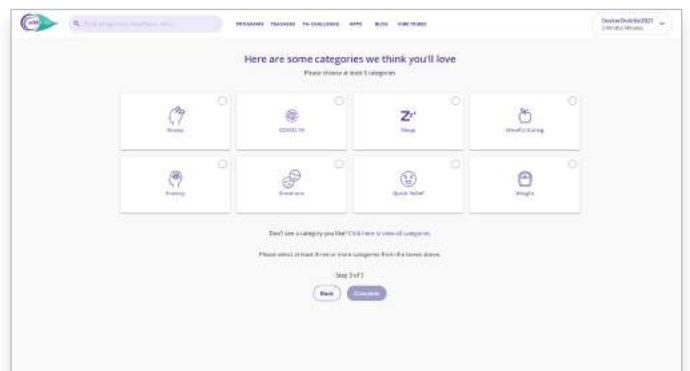
Step 4: Select your experience level with mindfulness.



Step 5: Select your intentions for mindfulness.



Step 6: Choose at least 3 mindfulness categories. You're All Set!



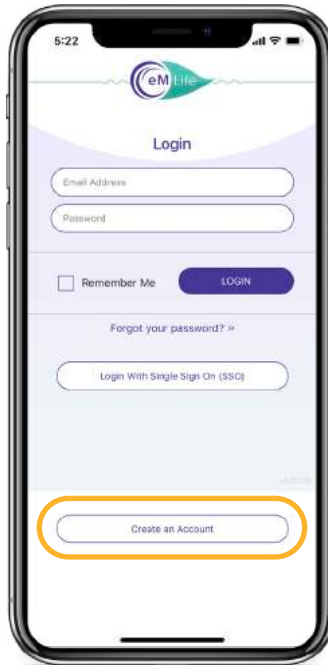


A Step-by-Step Guide to Signing Up for eM Life through National EAP

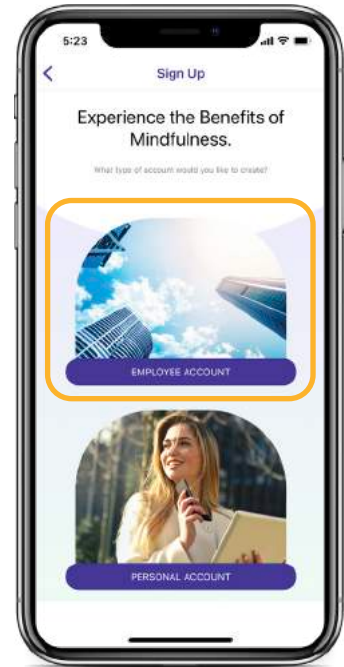
Step 1: Download the eM Life app in the App Store or on Google Play



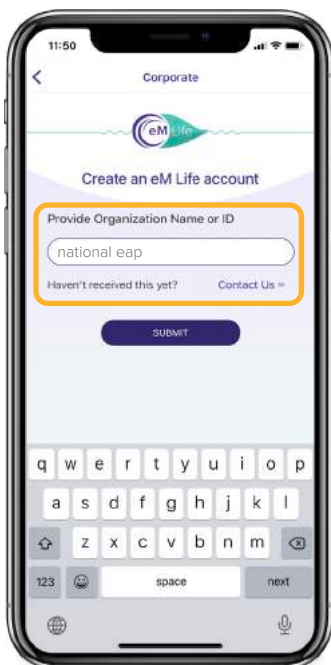
Step 2: Click *Create Account*.



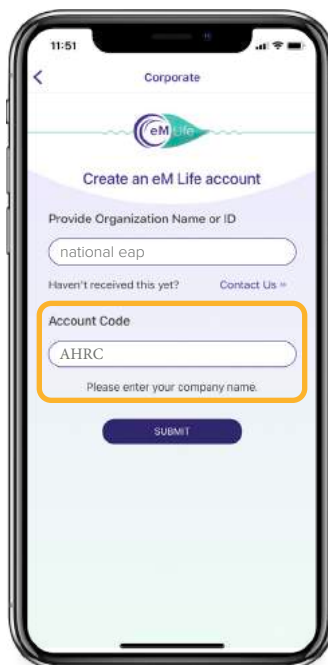
Step 3: Select the *Employee Account* option.



Step 4: Enter the Organization Name.



Step 5: Enter Account Code which is your Company Name.



Step 6: Fill out your information.

