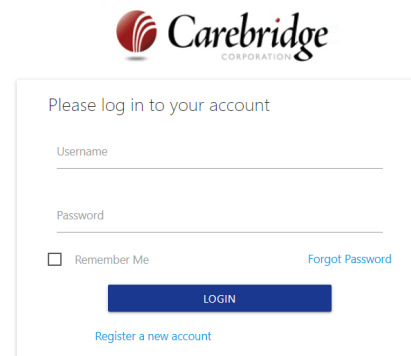


Congratulations!

eM Life is now part of your Carebridge EAP benefits.
Follow these steps to begin your mindfulness journey:

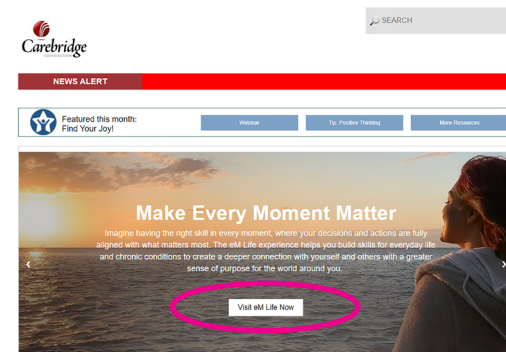
Required Steps:

- 1 Sign up at myliferesource.com using your Company Access Code.
Already signed up? Log in using your Carebridge username and password.



The screenshot shows the Carebridge login page. At the top is the Carebridge logo. Below it is a form titled "Please log in to your account". The form has fields for "Username" and "Password". There is a "Remember Me" checkbox and a "Forgot Password" link. A blue "LOGIN" button is at the bottom of the form. Below the button is a link that says "Register a new account".

- 2 Click on the “**Visit eM Life Now**” button at the middle of the webpage to access eM Life.



Optional Next Steps for App:

- Download the free eM Life app from App Store or Google Play
- Open the app, choose “Employee Account”
- Then tap the “Organization Login” button
- On the next screen, under “Organization Name or ID” type: **Carebridge**
- Login using the same username and password as myliferesource.com

