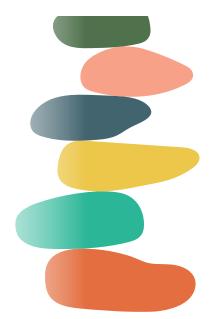


## Stifel Financial Corporation's PAS Mindfulness Benefit: eM Life

#### Discover a proven way to take on life's challenges

eM Life is a live, virtual mindfulness solution to help you create connections with yourself and others while building skills to manage stress and anxiety, improve focus and enhance your overall well-being.

# eM Life is available to you, your spouse, and your dependents as part of your benefits package.



## **Step 1.** Go to <u>mypaseap.com</u> or the myPASapp.

Your org code to create your personalized mypaseap.com account account and log in is

Stifel

**Step 2.** Once logged in, select **eM Life** from the dashboard.

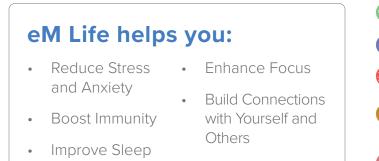
**Step 3.** Scroll to bottom of page and click on the **Access eM Life** button.

Step 4. Enter your account details to create your own eM Life account. You're all set!

#### Questions? Email client.services@paseap.com

### **One Solution, Many Features:**

- Live daily 14-minute mindfulness programs led by experts multiple times a day
- Live monthly online programs led by experts covering everything from stress to weight balance
- Hundreds of hours of on-demand content on a wide range of topics including leadership, diversity and inclusion and anxiety
- Expert-led community to gain support and purpose



### **Multi-Week Immersive Programs**

- Better Living with Diabetes™
- S Cultivating Compassion
- ④ Living Well with Chronic Pain<sup>™</sup>
- 🤣 Medical Professional Mindfulness Program
- Mindfully Overcoming Addictive Behaviors
- i Mindfulness At Work™
- ➢ Mindfulness-Based Cancer Recovery<sup>™</sup>
- Mindfulness-Based Cognitive Training
- 🖌 QuitSmart® Mindfully
- Skills to Thrive in Anxious Times

The Journey Forward: Your M.M.A.P. For Success

Weight Balance for Life™

800-356-0845