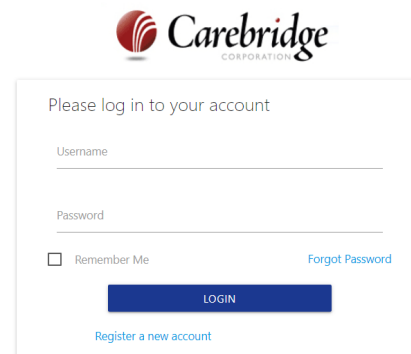


Congratulations!

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

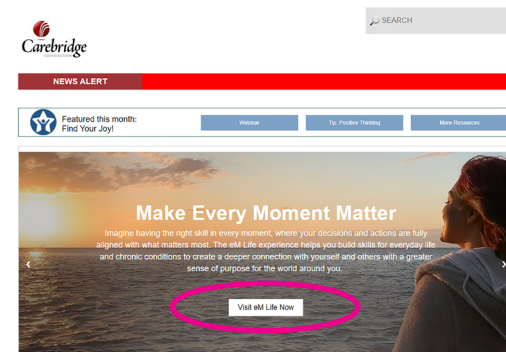
Required Steps:

- 1 Sign up at myliferesource.com using your Company Access Code: **TW8AE**
Already signed up? Log in using your Carebridge username and password.



The image shows a login form for Carebridge. At the top left is the Carebridge logo. The text reads "Please log in to your account". Below this are two input fields: "Username" and "Password". There is a "Remember Me" checkbox and a "Forgot Password" link. A blue "LOGIN" button is centered below the fields. At the bottom left, there 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

