



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.

The screenshot shows the 'Create an eM Life Account' page. The heading is 'Making every moment matter. Create an eM Life Account'. Below this is the National EAP logo. A text input field is labeled 'Please enter your company name:' and contains the text 'DRVC'. A 'Continue' button is below the field. At the bottom, there is a link: 'Already have an eM Life account? Login here'. The footer contains copyright information: 'Copyright © eMindful Inc. 2021 Privacy Policy | Terms of Service'.

Step 2: Fill out your information.

The screenshot shows the 'Create an eM Life Account' page with a form. The heading is 'Making every moment matter. Create an eM Life Account'. Below this is the National EAP logo. The form fields are: 'First Name', 'Last Name', 'Display Name', 'Work Email', and 'Password'. There is a checkbox for 'I have read and agreed to the Terms of Service'. A 'REGISTER' button is at the bottom. At the bottom, there is a link: 'Already have an eM Life account? Login here'. The footer contains copyright information: 'Copyright © eMindful Inc. 2021 Privacy Policy | Terms of Service'.

Step 3: Fill out the brief survey.

The screenshot shows the 'Employee Survey' page. The heading is 'Employee Survey'. Below this is the text: 'Building mindfulness skills can be very effective at helping reduce your stress. We'll check in along the way with just 4 questions to see how you're doing.' There are four questions, each with a dropdown menu: 'In the last month, how often have you felt that you were unable to control the important things in your life?', 'In the last month, how often have you felt confident about your ability to handle your personal problems?', 'In the last month, how often have you felt that things were going your way?', and 'In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?'. A 'Submit' button is at the bottom. The footer contains copyright information: 'Copyright © eMindful Inc. 2021 Privacy Policy | Terms of Service'.

Step 4: Select your experience level with mindfulness.

The screenshot shows the 'Welcome to eM Life! How experienced are you with Mindfulness?' page. The heading is 'Welcome to eM Life! How experienced are you with Mindfulness?'. Below this is the text: 'Help us understand your familiarity with mindfulness.' There are four options, each with a radio button and an icon: '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.' Below the options is the text: 'Please select your skill level from the boxes above.' and 'Step 1 of 3'. A 'Next' button is at the bottom. The footer contains copyright information: 'Copyright © eMindful Inc. 2021 Privacy Policy | Terms of Service'.

Step 5: Select your intentions for mindfulness.

The screenshot shows the 'Why Mindfulness?' page. The heading is 'Why Mindfulness?'. Below this is the text: 'Whether it's stress reduction, increased performance, or general happiness, there are so many ways mindfulness can help you.' There are three options, each with a radio button and an image: 'Discover a New Point of You & Yourself', 'Discover the Vibe of Life You & Others', and 'Discover a Healthier You & Healthier Body'. Below the options is the text: 'Please select one or more reasons why you are choosing mindfulness from the boxes above.' and 'Step 2 of 3'. 'Back' and 'Next' buttons are at the bottom. The footer contains copyright information: 'Copyright © eMindful Inc. 2021 Privacy Policy | Terms of Service'.

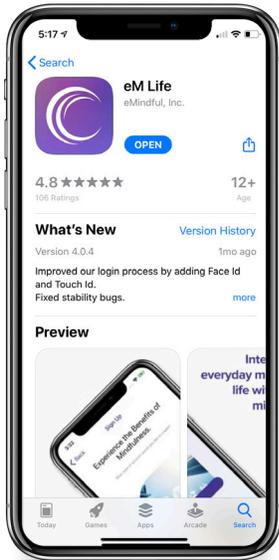
Step 6: Choose at least 3 mindfulness categories. You're All Set!

The screenshot shows the 'Here are some categories we think you'll love' page. The heading is 'Here are some categories we think you'll love'. Below this is the text: 'Please choose at least 3 categories.' There are eight categories, each with a radio button and an icon: 'Stress', 'COVID-19', 'Zzz Sleep', 'Mindful Eating', 'Anxiety', 'Emotions', 'Quick Relief', and 'Weight'. Below the categories is the text: 'Don't see a category you like? Click here to view all categories.' and 'Please select at least three or more categories from the boxes above.' and 'Step 3 of 3'. 'Back' and 'Complete' buttons are at the bottom. The footer contains copyright information: 'Copyright © eMindful Inc. 2021 Privacy Policy | Terms of Service'.

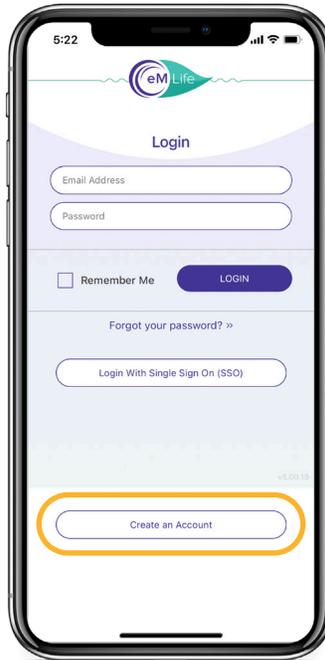


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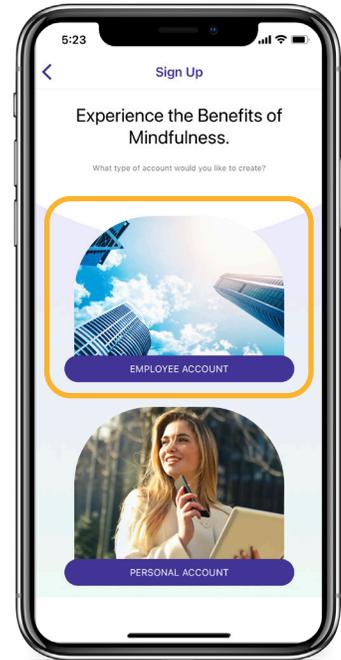
Step 1: Download the eM Life app in the App Store or on Google Play



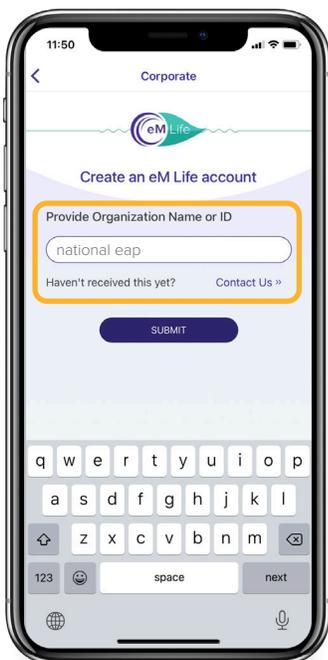
Step 2: Click *Create Account*.



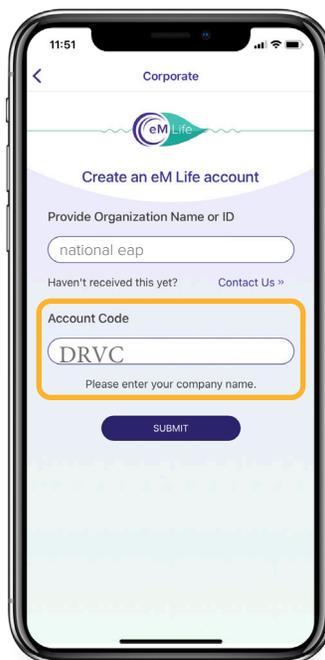
Step 3: Select the *Employee Account* option.



Step 4: Enter the Organization Name.



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



Step 6: Fill out your information.

