



# A Step-by-Step Guide to Signing Up for eM Life



Everything starts here: <https://vibe.emindful.com/signup/mentalhealthamerica>

**Step 1:** Fill in your information to create your account.

**Step 2:** Fill out the brief client survey.

**Step 3:** Select your experience level with mindfulness.

**Step 4:** Select your intentions for mindfulness.

**Step 5:** Choose at least 3 mindfulness categories.

**You're All Set!:** Feel free to explore our vast library of Live and On-Demand content.



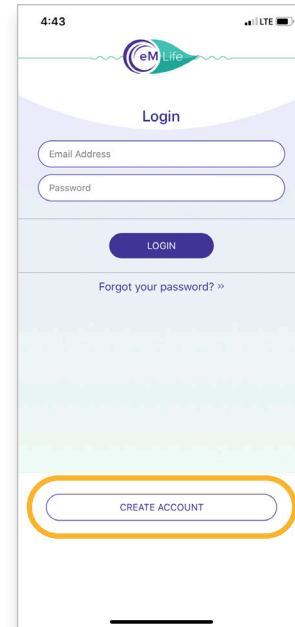
# A Step-by-Step Guide to Onboarding our Mobile App



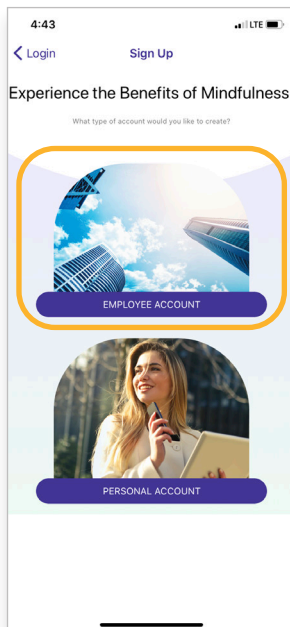
**Step 1:** Download the eM Life app in the App Store or on Google Play



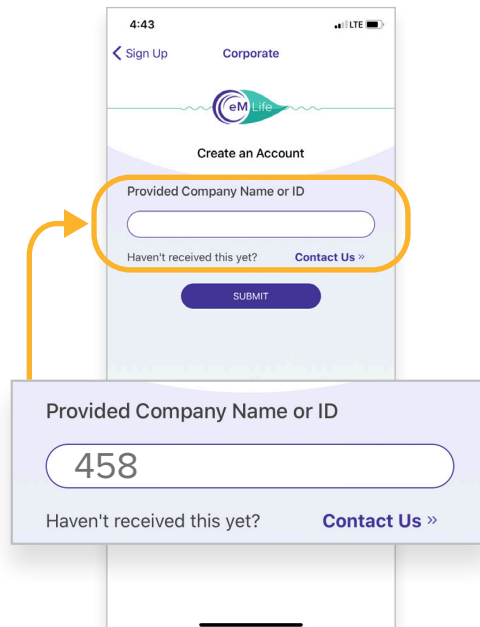
**Step 2:** Click *Create Account*.



**Step 3:** Select the *Employee Account* option to proceed.



**Step 4:** Enter "458" as your organization ID.



**Step 5:** Fill out your personal information.

