Lee's Summit School District’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.**

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**Step 1.** Go to mypaseap.com or the myPASapp.
Your org code to create your personalized mypaseap.com account account and log in is **LSSD**

**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!

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**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

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**eM Life helps you:**

- Reduce Stress and Anxiety
- Boost Immunity
- Improve Sleep
- Enhance Focus
- Build Connections with Yourself and Others

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**Multi-Week Immersive Programs**

- Better Living with Diabetes™
- Cultivating Compassion
- Living Well with Chronic Pain™
- Medical Professional Mindfulness Program
- Mindfully Overcoming Addictive Behaviors
- Mindfulness At Work™
- Mindfulness-Based Cancer Recovery™
- 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™