

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.
Already signed up? Log in using your Carebridge username and password.



Please log in to your account

Username

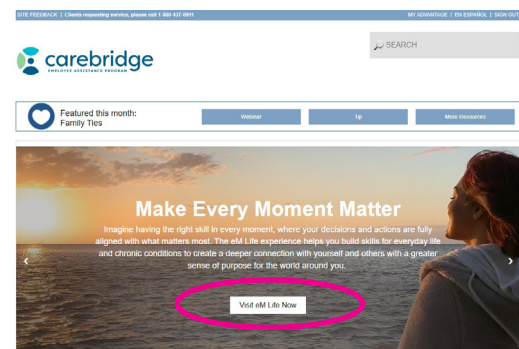
Password

Remember Me

[Forgot Password](#)

LOGIN

- 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

