

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:
ADC53

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



Please log in to your account

Username

Password

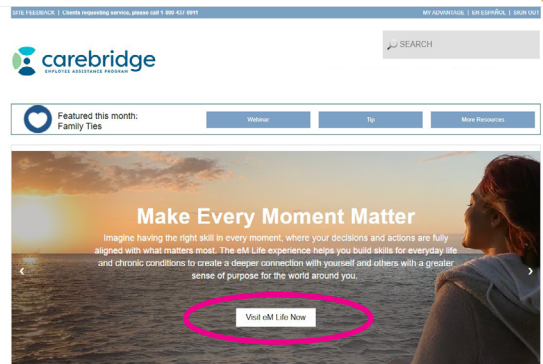
Remember Me [Forgot Password](#)

LOGIN

[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

