



## Mindfulness App (eMindful) Access Instructions

The eM Life Mindfulness Solution is available for free through Vail Resorts Employee Assistance Program.

The first step is to register and set up your personal online account. You can do this three ways:

### Through MINES web portal (PersonalAdvantage)

1. Visit <https://mines.personaladvantage.com/>
2. Click on "Register New Account"
3. Complete the information to set up your profile. Make sure to use "vaileap" as the company code.
4. Once you are finished, click "Create Account."
5. You will be taken to the home page of our PersonalAdvantage web portal. Click on the "eM Life" tile and then "Click here to enroll and access this service."
6. All done! You are now ready to browse eM Life!
7. Once you have completed the above steps you can access eM Life again through the MINES web portal or through the eM Life Mindfulness app using the username and password you created.

### Through the eM Life Mindfulness app

1. Download the eM Life Mindfulness app
  - a. For iPhone: <https://apps.apple.com/us/app/em-life/id1447752753>
  - b. For Android: <https://play.google.com/store/apps/details?id=com.emindful.emlife>
2. Open the app and tap on "Organization Login"
3. Enter "mines" where the system asks for Organization Name or ID and then tap "submit."
4. Tap on "Register New Account"
5. Complete the information to set up your profile. Use "vaileap" as the company code.
6. Once you are finished, click "Create Account."
7. All done! You are now ready to browse eM Life! Once you have completed the above steps you can access eM Life again through the MINES web portal or through the eM Life Mindfulness app using the same username and password you created.

### Through the eM Life Website

1. Visit <https://vibe.emindful.com/signup/mines>
2. Click "Sign Up with Organization Log In"
3. Click on "Register New Account"
4. Complete the information to set up your profile. Make sure to use "vaileap" as the company code.
5. Once you are finished, click "Create Account."
6. You will be taken to the home page of our PersonalAdvantage web portal. Click on the "eM Life" tile and then "Click here to enroll and access this service."
7. All done! You are now ready to browse eM Life! Once you have completed the above steps you can access eM Life again through the MINES web portal or through the eM Life Mindfulness app using the username and password you created