

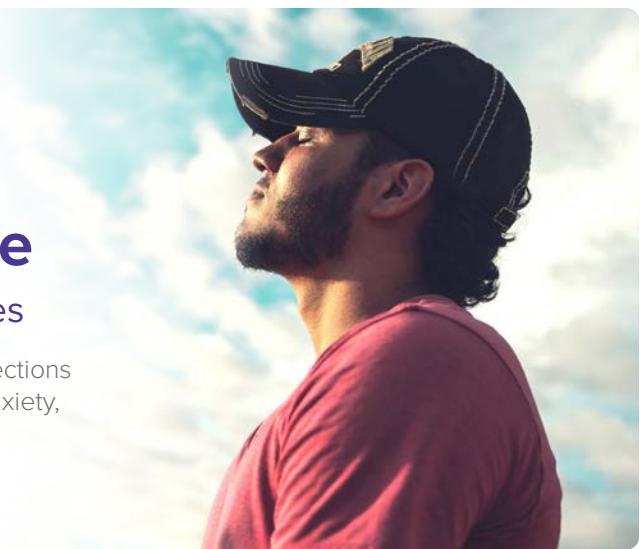


# United Rentals' Mindfulness Benefit: eM Life

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.**



Explore eM Life's mindfulness programs. **Sign up today!**

Download the eM Life app today!



## 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
- Game and meditation timer to help you build and sustain healthy habits
- Available in multiple languages on the web and mobile app (iOS and Android)

## Multi-Week Immersive Programs

- Better Living with Diabetes™
- Cultivating Compassion
- Living Well with Chronic Pain™
- Mindfully Overcoming Addictive Behaviors
- Mindfulness At Work™
- Mindfulness-Based Cancer Recovery™
- Mindfulness-Based Cognitive Training
- QuitSmart® Mindfully
- Skills to Thrive in Anxious Times
- Stress Less, Live More™
- The Journey Forward: Your M.M.A.P. For Success
- Weight Balance for Life™