



Mindful Matters



Make mindfulness easy and accessible

Optum® Mindful Matters, by eM Life®, delivers evidence-based mindfulness programmes built on a solid foundation of 15+ years of data-driven insights and consistent results for improving health, productivity and engagement.

Purpose-driven mindfulness. Proven outcomes.¹

- **81% of employees** were purposefully engaged
- **76% of participants** have reduced their stress
- **50% of participants** have improved their sleep

The need for mental health support is high



44% of employees report daily stress³



25% increase in anxiety and depression globally⁴

Help your team better manage stress

As part of the Optum Employee Assistance Programme, Mindful Matters lets participants experience the connection with certified experts in live, interactive or on-demand sessions.

- Daily 14-minute live mindfulness programmes led by expert multiple times a day
- Hundreds of hours of on-demand content on a wide range of topics
- Personalised strategies that individuals can integrate into daily life
- Applied mindfulness practices that help build skills in making more purposeful decisions about health and wellbeing
- Expert-led community to gain support and purpose
- Games and a meditation timer to build and sustain healthy habits
- Available in multiple languages²
- Available on the web and via mobile app
- Real-time reporting



Product features

- Evidence-based approach
- Applied mindfulness
- Live certified experts
- Connection that magnifies results
- Real-time relevance



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Premium available in English only.

¹eM Life. Q1 2022 book of business stats.

²English, French Canadian, Spanish, Mandarin Chinese, Brazilian Portuguese, Japanese and Hindi.

³Gallup. June 2022. State of the Global Workplace: 2022 Report.

⁴World Health Organization. COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide. [who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide](https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide). 2 March 2022. Accessed 10 June 2022.

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