

eMindful, a Wondr Health Company

Wondr Health is a digital behavior change company for the whole person that helps people improve their mental and physical well-being by providing behavior change skills and tools to prevent and reduce the cost and impact of chronic health conditions and improve lives.

Serving clients nationally through virtual capabilities.

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Website: <https://emindful.com/home/>

Business certifications: APA-recognized program provider

| Program/Service Name | Description | Onsite only, Virtual only, or Both? |
|----------------------|--|-------------------------------------|
| Be Energized | | |
| eM Life Core | Evidence-based applied mindfulness programs promoting health, happiness, and performance that help individuals build skills and reduce healthcare costs. Includes 6,500+ live, expert-led, interactive online sessions each year with fresh, practical content and new topics and skills shared every day; hundreds of hours of on-demand content; mindful leadership content and programming; expert-led community to inspire learning, engagement, and purpose; game and meditation timer to build and sustain healthy habits. | Virtual only |
| eM Life Bundle | eM Life Core plus: Better Living with Diabetes™; Cultivating Compassion; Living Well with Chronic Pain™; Medical Professional Mindfulness Program; Mindfully Overcoming Addictive Behaviors; Mindfulness At Work™; Mindfulness-Based Cancer Recovery™; Mindfulness-Based Cognitive Therapy; | Virtual only |

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| 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™ | |
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