

<p>Stress Less, Live More™</p>	<p>Program length and duration:</p> <ul style="list-style-type: none"> • SLLM Monthly <ul style="list-style-type: none"> o 12 distinct classes, offered monthly o 55 minutes per class • SLLM Weekly <ul style="list-style-type: none"> o 10 distinct classes, currently offered weekly o 55 minutes per class <p>Format: Live, online. Classes are available anytime online to reference or view if a session is missed.</p> <p>Provides a choice of two courses. Stress Less, Live More (“SLLM”) Monthly will be taught live in an online virtual classroom. The yearlong program will consist of 12 1-hour monthly classes for a total of 12 hours. Stress Less, Live More provides participants with tools for becoming more aware of habitual patterns that may undermine their success— whether that is defined in terms of career objectives, interpersonal relationships, weight management, addiction relapse, or other healthful attitudes and behaviors. The course curriculum was developed so that classes have a fully defined curriculum with a “beginning, middle, and an end” making each class a self-contained unit. As a result, each class has the unique ability to deliver a program unto itself so it is not necessary for participants to attend previous or subsequent sessions, but are certainly encouraged to do so. This allows attendees to join at any time(s) throughout the program offering. SLLM Weekly is also conducted live in an online virtual classroom but currently consists of ten 55 minute classes that are taken as a unit with each class feeding into the next. During the next year, the course structure might be offered in a variety of formats for the convenience of the participants.</p>
<p>Weight Balance for Life™ Combined</p>	<p>Program length and duration:</p> <ul style="list-style-type: none"> • WBFL Monthly <ul style="list-style-type: none"> o 12 distinct classes, offered monthly o 55 minutes per class • WBFL Weekly <ul style="list-style-type: none"> o 20 distinct classes, offered 2x or 1x/week o 55 minutes per class <p>Format: Live, online. Classes are available anytime online to reference or view if a session is missed.</p> <p>Created by Duke Integrative Medicine and eMindful, provides a choice of two courses. Weight Balance for Life (“WBFL”) Monthly is a live program offered through an online virtual classroom that takes a uniquely holistic approach to support participants in losing weight and maintaining that</p>

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	<p>weight loss. It considers an individual’s overall emotional state, their motivational level, and their knowledge of nutrition and exercise. Participants use diet and exercise to lose weight, but more importantly they gain the tools and skills needed to maintain that success.</p> <p>The yearlong program consists of 12 1-hour monthly classes for a total of 12 hours. The curriculum was designed so that each 1-hour class works as a stand-alone session. Although participants are strongly encouraged to take part every month, they aren’t required. Each class delivers important material that does not rely on attending the class before. That means people can join at any point in the program, giving them the flexibility that helps increase motivation. WBFL weekly is also taught in an online virtual classroom but currently consists of twenty 55 minute classes that are taken as a unit with each class feeding into the next. The class is currently offered as either a twice a week program for 10 weeks or a once a week program for 20 weeks. During the next year, the course structure might be offered in a variety of formats for the convenience of the participants.</p>
<p>Quit Smart Mindfully™</p>	<p>Program length and duration:</p> <ul style="list-style-type: none"> • 12 distinct classes, offered twice a week for 5 weeks and then once a week for 2 weeks • 55 minutes per class <p>Format: Live, online. Classes are available anytime online to reference or view if a session is missed.</p> <p>As a leading evidence-based wellness program provider, eMindful has collaborated with Dr. Robert Shipley to create the QuitSmart® Mindfully program. It combines the best of Dr. Shipley’s highly successful program with eMindful’s innovative delivery of applied mindfulness courses that members can take from the convenience of their homes or offices. The program will be taught live in an online virtual classroom and consists of ten 55-minute classes offered twice a week for weeks 1-5 and once per week for weeks 6-7.</p>
<p>Living Fully With Diabetes™</p>	<p>Program length and duration:</p> <ul style="list-style-type: none"> • 4 distinct classes, offered weekly • 55 minutes per class <p>Format: Live, online. Classes are available anytime online to reference or view if a session is missed.</p> <p>Created in collaboration with Integrated Diabetes Care, LLC to develop a complete curriculum that pinpoints the key issues for successful diabetes management. This course helps participants understand why nutrition matters and how to eat more healthfully. They learn what kinds of exercise make a difference, and how to easily make movement part of their lives. They identify behaviors that help them feel better and</p>

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	<p>discover ways to avoid those behaviors that slow their progress. The 4-week program consists of 4 1-hour classes, offered once per week for a total of 4 hours.</p>
<p>Living Well With Chronic Pain™</p>	<p>Program length and duration:</p> <ul style="list-style-type: none">• 10 distinct classes, offered weekly• 55 minutes per class <p>Format: Live, online. Classes are available anytime online to reference or view if a session is missed.</p> <p>Living Well with Chronic Pain is a supportive skills class for people living with chronic pain. Developed by a leading center for Integrative Medicine at Vanderbilt University, it is an effective, non-medical approach to managing chronic pain and often used in conjunction with medical treatments. In this course participants learn to become aware of thoughts and emotions shaping their pain experience and, in so doing, take advantage of the healing links between mind and body. This treatment approach helps harness the mind's power to quiet pain, improve psychological flexibility and gain self-efficacy. Mindfulness practice applied to chronic pain helps individuals understand how emotions, thoughts and behaviors affect physical symptoms, worsening or improving them. Using new skills, they learn to reverse some of the disabling effects of many chronic pain conditions, while also lifting anxiety and depression symptoms that often accompany chronic pain. Course topics include:</p> <ul style="list-style-type: none">• Understanding Your Pain Experience• The Mind-Body Connection• Stress Reduction Skills• Connections Between Sleep, Food, Movement and Pain• Ways to Increase Support and Community. <p>Living Well With Chronic Pain currently consists of ten 55-minute weekly classes. These are structured to engage participants in mindfulness and pain management, and to leverage the healing links between mind and body. During the next year, the course structure might be offered in a variety of formats for the convenience of the participants.</p>

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<p>Mindfulness Based Cancer Recovery™ (MBCR)</p>	<p>Program length and duration:</p> <ul style="list-style-type: none">• 12 distinct classes, offered weekly• 55 minutes per class <p>Format: Live, online. Classes are available anytime online to reference or view if a session is missed.</p> <p>Created in collaboration with the University of Calgary, MBCR is a 12-week cancer class for patients facing some of the issues that are specific to their illness. Studies show that mindfulness practice increases immunological functioning, improves the quality of life for cancer patients, and provides better focus and decision-making skills. Yet many people under medical care for cancer cannot access support programs due to geographical distance, transportation issues, cancer-related illness or limited mobility. Our MBCR program is the only mindfulness-based cancer support program available in a live, online interactive classroom. Anyone with an Internet connection can participate.</p>
<p>eMindful Life</p>	<p>Program length and duration:</p> <ul style="list-style-type: none">• 7 days a week, multiple times per day• 14 and 30 minutes per class (based on current design, which is subject to change) <p>Format: Live, online. Classes are available anytime online to reference or view if a session is missed.</p> <p>eMindful Life offers a robust web portal designed to offer mindfulness in every moment. Its features are accessible on most web-enabled devices over the internet. Features include daily mindfulness based short-form classes – live and on-demand, mindfulness-based games, discussion board with expert instructors, daily mindfulness discussion topics, mediation timer, and access to articles from luminaries in the health and wellness world.</p>