



# Your life's journey—made easier

No matter where you are on your journey, there are times when a little help can go a long way. From checking off daily tasks to working on more complex issues, your program offers a variety of resources, tools and services.

Your program is here to help you along the journey of life. No situation is too big or too small. When you and your family members need assistance, reach out anytime and we will help get you on the right path to meet your needs.

## Key features

- Provided at no cost to you and your family members
- Includes up to 5 counseling sessions
- Confidential service provided by a third party
- Available 24/7/365

## Well-being services

- *Coaching*—When you have a goal to achieve, coaches help you create a plan of action and stay on track.
- *Counseling*—For more difficult issues like grief or stress, counselors can provide support tailored to your unique situation.
- *Web-based care*—Online, interactive programs help improve your emotional well-being for issues like depression and anxiety.

## Here's how to get started

Getting the help you need, when you need it, can result in you leading a happier, more productive life.



Give us a call and we will connect you with the right resource or professional.



Learn more about all of the services available at [MagellanHealth.com/member](https://MagellanHealth.com/member)

## Wellness program

Want to eat better, move more, be happier? Use this program to bring healthy habits into your busy life. Get help from health coaches and motivation from peers. Browse the content library. Set daily goals, track your progress and have fun getting fit.

## Resiliency

Being resilient generally means you're able to adapt to hard times, to challenges, and to other sorts of adversity in life. Fortunately, you can develop skills to become more resilient and your program provides many resources to help you on your journey.

Employee Assistance Program  
For Professional Consultation

**Call 1-800-523-5668**

For TTY Users: 1-800-456-4006