Your life's journey—made easier

Visit the member website to start your personalized wellbeing journey today. Your program can help you with topics such as:

- Emotional wellbeing
- Family & relationships
- Grief & loss
- Stress & balance
- Workplace support
- Daily life solutions

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Detach and keep a card with your other important cards so it's easy to find. Give the other one to a household member for easy reference.

What can your program help you with?

- Emotional health
- Relationships
- Career
- Parenting
- Aging loved ones
- Financial wellbeing
- Legal services
- ID theft
- Discounts

Start your wellbeing journey today.

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

Give us a call

We will assess your individual situation and connect you with the right resource or professional to address your challenges, questions or needs.

Visit us online

The member website creates a personalized experience based on your input and guides you to services and resources to improve your wellbeing.

Please call your toll-free number if you have any issues reading this information or if it is unclear. Magellan can also provide accommodations for members with issues communicating via these methods.

Llame a nuestro número telefónico gratuito si tiene alguna inquietud al leer esta información o si algo no está claro. Magellan también puede proporcionar adaptaciones para miembros con problemas para comunicarse a través de estos métodos.

In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California, Inc.—Employer Services and Human Affairs International of California.

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Magellan HEALTHCARE

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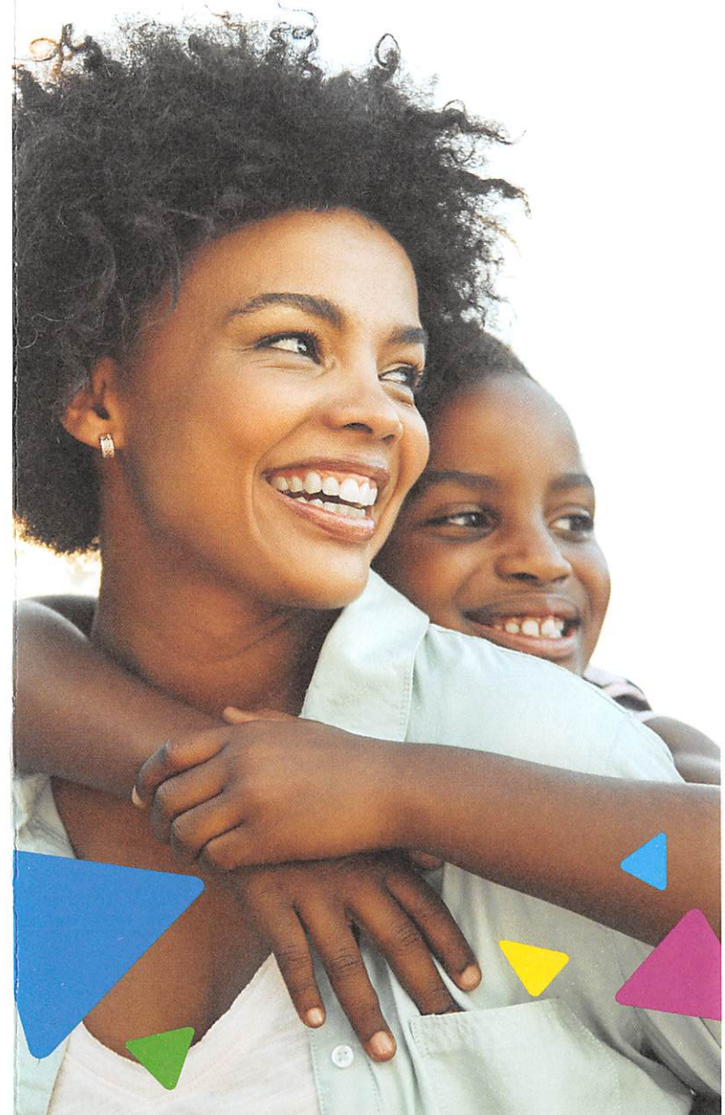


Life is a journey, not a destination

Employee Assistance Program

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

- Build your resiliency by attending a webinar
- Strengthen your mind-body connection through activities and education for overall wellbeing
- Accomplish a goal with the help of a coach

Key Features

- Includes up to 3 counseling sessions
- Provided at no cost to you and your household members
- Completely confidential service provided by a third party
- Available 24/7/365

Get Started

Explore services, find providers, learn more about emotional health and wellbeing topics, access mobile apps and more.

- Visit Member.MagellanHealthcare.com
- Call 1-800-523-5668 (TTY 711)

Counseling

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more. Counseling is confidential and available in-person, by text message, live chat, phone or video conference.

Lifestyle Coaching

Define and reach your goals with the support of a coach. Coaches can help with personal improvement, healthy eating, weight loss and more. Meet with a coach by phone or video for up to six individual, confidential sessions per goal, per year.

Digital Emotional Wellbeing Program

A proven program for life, mind and body that can help with anxiety, resilience, grief, stress, depression, chronic pain, pregnancy, aging and more. Complete activities to earn points, see your progress and sync to other trackers.

Financial Wellness, Legal Services and Identity Theft Resolution

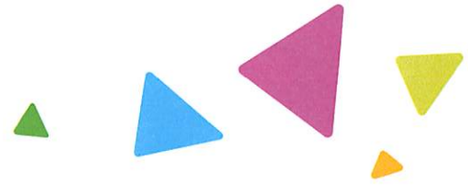
Meet with experts that can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit; research specific topics and/or print your own state-specific legal forms.

LifeMart® Discount Center

Life is expensive. With LifeMart, access hundreds of deals on nationally recognized brand-name products and services, all in one convenient location. Find discounts on consumer goods, travel, child and elder care, fitness centers, movie tickets and more.

Work-Life Web Services

Save time and money on life's most important needs. Access webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges for parents and seniors. Topics include: child and elder care, education, parenting and more.



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