

# Digital emotional wellness tools

Magellan Healthcare's digital emotional wellness tools address the full spectrum of emotional health needs and help deliver better outcomes, including 55% reduction in depression scores, while creating a different and better experience for your employees/members.

## Core focus areas

- |                            |                              |                              |
|----------------------------|------------------------------|------------------------------|
| • Managing depression      | • Chronic pain               | • Balancing intense emotions |
| • Controlling anxiety      | • Opioid recovery            | • Nicotine recovery          |
| • Improving sleep          | • Reducing stress            | • Moving beyond trauma       |
| • Drug or alcohol recovery | • Mindfulness and meditation | • Bipolar disorder           |

## Evidence-based approaches

- |                                |                                     |   |
|--------------------------------|-------------------------------------|---|
| • Cognitive behavioral therapy | • Positive psychology               | • Medication-assisted treatment (MAT) for opioid recovery |
| • Behavioral activation        | • Acceptance and commitment therapy |   |
| • Mindfulness                  | • Dialectical behavior therapy      |   |
| • Motivational interviewing    |                                     |   |

## Technology makes personalization possible

Our digital emotional wellness tools provide your employees/members with personalized, actionable and timely support that helps deliver lasting outcomes.

### ☑ Connected technology

- Multi-surface, multimodal experience for resilience and clinical conditions
- Self-monitoring to track mood, sleep, stress and goals
- Machine learning to optimize the individual experience

### ☑ Human-centered approach

- Interactive, self-paced programs matched to individual preferences
- In-the-moment tools for coping in daily situations
- Coordination across conditions to optimize care

Our digital emotional wellness tools are easy to launch, promote and monitor, with reporting to provide meaningful insights. Contact us at [gensales@magellanhealth.com](mailto:gensales@magellanhealth.com) to learn how they extend access and improve outcomes.