

# eMbrace

## A distinctly different promise

### Enterprise growth through personalized engagement for 100% of your employees

In your world today, 7 in 10 employees are struggling or suffering in their lives. Most in silence. 10 in 10 of your people want to have a thriving life, a resilient mind and a healthy body.

Traditional EAPs strive for a 4% participation. In partnership with Gallup, we have a path to navigate to 40%.

We invite you to join us on the journey.

### eMbrace

eMbrace is science-backed and data-driven to help your employees and enterprise grow. Wherever your employees are on the wellbeing continuum (thriving, struggling, suffering), they are offered a personalized, guided, and effortless experience to advance the quality of their life. The experience is dynamic, offering a balance of high-tech and high-touch guidance and resources. We are always here to support them.

Like Google Maps...eMbrace dynamically monitors and adjusts based on life's anticipated or sudden changes. Regardless of where an individual is in their journey, they will always have a clear path to follow. The destination of a life well lived is now within reach for all your employees.

Purposely helping your people thrive makes them more present and engaged to power the growth of your enterprise.


Navigating individual and organizational growth is a journey within reach. Join us in eMbracing it.



## A program like no other

eMbrace is built to address every area of an individual's life, proactively assessing how they are doing across six essential domains: career, social, financial, physical, community and emotional. This whole-person approach addresses all the things that impact wellbeing. By doing so, we're not only taking care of urgent needs, but also identifying and addressing the small life stressors that can distract employees, hamper engagement and result in costly healthcare needs.

The features and benefits of eMbrace combine to create a unique, personal experience for each of your employees. Whether you are looking for a digitally focused solution or one with both virtual and in-person services, there is an eMbrace package to meet your organization's needs.

 Key Features	eMbrace	eMbrace+
Personalized, Interactive Digital Experience	✓	✓
Gallup Wellbeing Assessment	✓	✓
Tailored, Dynamic Action Plan	✓	✓
Evidence-Based DCBT and Self-Help Tools	✓	✓
Life Enrichment Resources and Services	✓	✓
Wellbeing Coaching	DIGITAL MESSAGING	LIVE PHONE/VIDEO
Manager Support	✓	✓
Counseling (12 Sessions)	VIRTUAL ONLY	VIRTUAL & IN-PERSON
Provider Matching Tools	✓	✓
Suicide Prevention	✓	✓
Wellbeing Navigator		✓
Organization Support Services (Critical incident response; training; diversity, equity and inclusion)	BASED ON EMPLOYER NEEDS	

Live Webinars | Navigation | Data & Insights | Engagement

## Ready to talk to someone about transforming your employee experience?

Learn more about eMbrace at [MagellanHealthcare.com/eMbrace](https://MagellanHealthcare.com/eMbrace).