

New, enhanced digital emotional wellbeing tool

Powered by NeuroFlow

On January 1, 2022, Magellan Healthcare will launch a new program for mind, body and life, powered by NeuroFlow, that will include enhanced versions of our award-winning digital cognitive behavioral therapy (DCBT) modules. Live your best life with this new app that can help you in a variety of areas.

Key features

- Complete activities such as breathing exercises, meditation, yoga or journaling
- Track mood, sleep, stress and pain, and see your progress
- Connect other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit
- Address anxiety and depression anytime, anywhere with Magellan's DCBT programs
- Connect to Magellan's virtual and in-person providers*

The new program covers topics like:

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| • Aging | • Goal setting | • Nutrition | • Sleep |
| • Balancing emotion | • Grief and loss | • Physical activity | • Stress |
| • Caregiving | • Loneliness | • Positive psychology | • Suicide |
| • COVID-19 | • Mental health | • Pregnancy | |
| • Eating disorders | • Mindfulness and meditation | • Resilience | |

And can help with conditions including:

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| • Attention deficit-hyperactivity disorder | • Chronic pain | • Obsessive-compulsive disorder | • Post-traumatic stress disorder |
| • Alcohol use disorder | • Depression | • Opioid use disorder | • Substance use disorder |
| • Anxiety | • Fibromyalgia | • Panic disorder | |
| | • Insomnia | | |

How to get ready

We'll share more details as we get closer to launching this new app, including how to access it, what to do if you are currently using myStrength and what new features will be available next year. In the meantime, visit MagellanAssist.com to check out the other great benefits your health plan offers.