

New, enhanced digital emotional wellness tool

Powered by NeuroFlow

On January 1, 2022, Magellan Healthcare will launch a new emotional wellness app for your employees for mind, body and life!

Powered by NeuroFlow, a key partner in providing care and resources to our members, the new app includes enhanced versions of our award-winning digital cognitive behavioral therapy (DCBT) modules and other features such as:

- Validated assessments and activities with gamification and clinical-grade content
- New clinical focus areas for meditation and mindfulness, resilience, loneliness, nutrition, and fibromyalgia
- Natural language processing to detect crises and direct to time-sensitive critical resources
- Proactive insights into the emotional health of your population

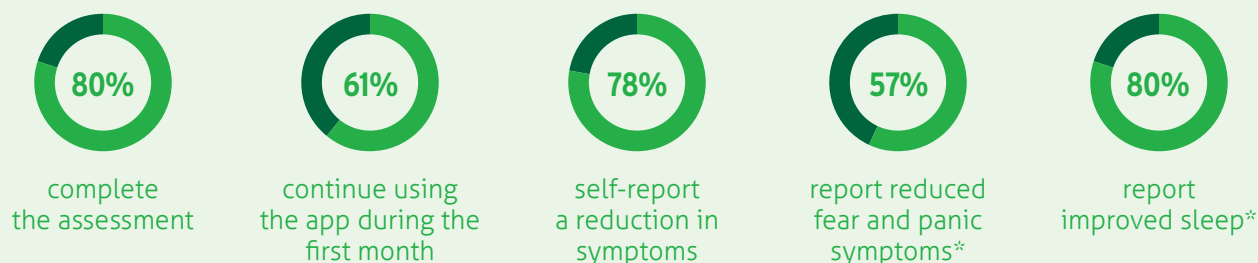
Program features

With this new app, your employees will be able to:

- Complete self-care activities like breathing exercises or journaling
- Track their mood, sleep, stress and pain and view progress
- Get reminders through proactive nudges
- Earn rewards points and badges
- Connect with Magellan's virtual and in-person provider network

See the next page for a list of topics and conditions that are addressed.

Proven engagement and outcomes



We are excited to share this new app with you and your employees on January 1, 2022. Stay tuned for more information in the coming months!

The new program covers topics like:

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

And can help with conditions including:

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