

Digital emotional wellbeing

Take control of your whole health—life, mind and body—with Magellan Healthcare's enhanced program.

- Complete breathing exercises, meditation or yoga.
- Track mood, sleep, pain, and see your progress.
- Address conditions like anxiety, depression and substance misuse.
- Get support for topics such as caregiving, goal setting, mindfulness, stress and more.



Visit MagellanAscend.com or scan the QR code to get started.

