



# Digital emotional wellbeing

Take control of your whole health—life, mind and body.

Magellan Healthcare's Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection through interactive activities and education for overall wellbeing. Available via mobile app and your member website, this program 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.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Connect to virtual therapy and in-person counselors.\*
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

**This program can help you cope with and manage the effects of:**

- |  |                |                                  |                           |
|--|----------------|----------------------------------|---------------------------|
| • Aging                                    | • Caregiving   | • Grief and loss                 | • Resilience              |
| • Anxiety                                  | • Chronic pain | • Mindfulness and meditation     | • Sleep                   |
| • Attention-Deficit Hyperactivity Disorder | • Depression   | • Post-traumatic stress disorder | • Stress                  |
| • Balancing emotions                       | • Goal setting |                                  | • Substance use disorders |



Visit [MagellanAscend.com](https://MagellanAscend.com) or scan the QR code to get started.

\*Eligibility based on your specific program benefits.