

# A personalized, guided experience to advance the quality of your life

#### Personal assessment

Register on the website and choose which areas of your life need the most support. You will receive recommendations to improve your life, mind and body.

## Lifestyle coaching and counseling

Build your confidence, accomplish goals and address emotional concerns.

## Digital emotional wellbeing

Strengthen your mind-body connection. Track mood, sleep, stress and pain, and see your progress.

### Life enrichment services

Find information and benefits for a variety of needs including family, finances, legal, and mental and physical wellbeing.

Navigating the ups and downs of life can be challenging. Your program is here to help you along the way!

This confidential program is available at no cost to you and your household members.

Visit Member.MagellanHealthcare.com to get started!