

eMbrace

An industry-first total wellbeing and enterprise growth solution

70% of the population is struggling or suffering. 70% of employees are not engaged at work. **The link between wellbeing and engagement is clear.** Investing in wellbeing at work is a must for organizations and leaders.

Why? Because thriving employees:

- Miss 53% fewer days from health issues
- Are more engaged and less likely to leave their employer
- Can have 50% lower healthcare costs
- Can double organizational performance

Employees with vibrant lives, resilient minds and healthy bodies are more engaged at work. More engaged employees power enterprise growth.

How can eMbrace help?

eMbrace is a multi-layered journey that helps your employees improve their wellbeing, which will transform your organization into a high-performance workplace that attracts and retains top talent.

Improving employee and organizational wellbeing requires measurement. That's where eMbrace starts. Our Gallup® Wellbeing Survey, with Magellan's proprietary emotional wellbeing element, calculates employees' wellbeing scores. These scores result in a personalized plan with services and resources to help them improve in six essential areas:

 Emotional

 Social

 Physical

 Career

 Financial

 Community

Thriving in each element of wellbeing has an additive effect on performance and health. The more elements people thrive in, the less they suffer from disease, burnout, anxiety and the associated costs. Thriving people are also better problem solvers and innovators.

A program like no other

eMbrace offers everything you need to create a unique experience for each of your employees and guides them to the services and resources they need to improve their wellbeing.

Employee services

Personalized, interactive digital experience

- Gallup® Wellbeing Survey
- Tailored, dynamic action plans
- Provider matching tools

Emotional support

- Evidence-based DCBT and self-help tools
- Wellbeing Coaching
- Counseling
- Wellbeing Navigator
- Suicide Prevention

Life enrichment resources

- Enhanced Work-Life services
- Financial Wellbeing
- Legal Services
- ID Theft Resolution
- Discount Center

Organization support

- *Training and health fairs*—60+ courses developed by our in-house team, with 16 new webinars added every year, plus materials and support for health fairs
- *Management consultations*—Guidance and resources for managers to improve their individual performance and team dynamics
- *Crisis support and critical incident response*—Expert support for staff when their workplace is disrupted by a traumatic event
- *Value Realization Guide*—Step-by-step instructions and resources to help you get the most out of eMbrace



Ready to talk to someone about transforming your employee experience?
Visit MagellanHealthcare.com/eMbrace or email MHCinfo@MagellanHealth.com.