

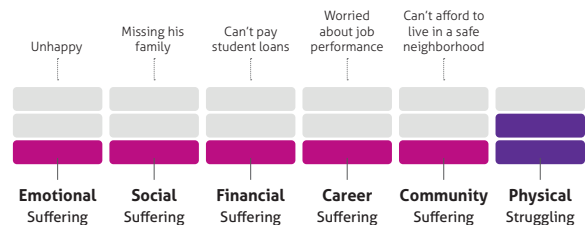
# SUFFERING

## An eMbrace journey



Meet Ethan, 23, who recently graduated from college and started a new job in a new city. Although his girlfriend came with him, he's feeling disconnected.

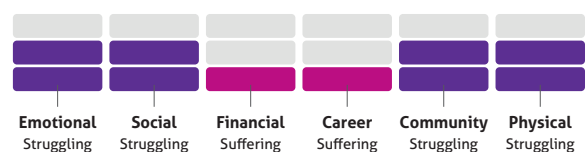
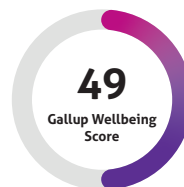
He takes the Gallup® Wellbeing Survey, which confirms he's **suffering in many areas**.



**Luckily, Ethan has an eMbrace personalized plan** that recommends steps to improve his wellbeing and provides the resources he needs:

- Meeting with a counselor
- Meeting with a financial specialist
- Completing digital cognitive behavioral therapy programs
- Reading articles about communicating with supervisors

**Ethan makes positive changes** by following his personal plan. With the insight, tools and resources he received, he feels confident in his ability to overcome the obstacles in his life, and his reassessment shows he's improved.



Ready to talk to someone about transforming your employee experience?  
Visit [MagellanHealthcare.com/eMbrace](https://MagellanHealthcare.com/eMbrace) or email [MHCinfo@MagellanHealth.com](mailto:MHCinfo@MagellanHealth.com).