

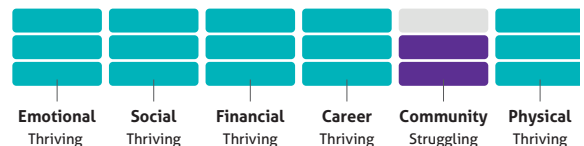
# THRIVING

## An eMbrace journey



Meet Andrea, a 58-year old married woman who just met her first grandchild. She's healthy and active. Her job is very demanding, but she feels good about her finances.

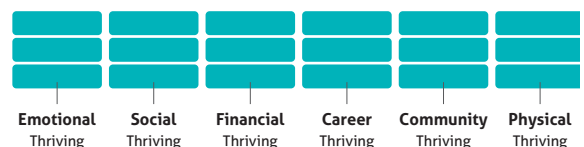
She takes the Gallup® Wellbeing Survey, which confirms **she's thriving in most areas**, and realizes she could benefit from more community involvement. She's always wanted to help her community, but doesn't know where to start.



**Andrea's personal plan from eMbrace recommends activities to keep her thriving** and support her desire to help her community:

- Explore topics to help her build community relationships
- Meet with a coach and set goals
- Peruse member website to find local organizations needing help
- Download the Digital Emotional Wellbeing app to keep thriving

**Andrea expands her world** after a few months of following her personal plan. Her reassessment shows she's thriving in her community!



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).