

# ThinkHero<sup>SM</sup> & ThinkWarrior<sup>SM</sup>

## Helping children and teens beat anxiety

Is your child or teen overly worried or fearful about daily tasks, having trouble sleeping or nightmares, or avoiding social settings? ThinkHero and ThinkWarrior can help them manage their fears and worries.

### What are ThinkHero and ThinkWarrior?

Magellan Healthcare's Digital Emotional Wellbeing program, powered by NeuroFlow, includes ThinkHero for ages 6-12 and ThinkWarrior for ages 13-17. These clinically validated digital cognitive behavioral therapy programs will help your child build lifelong skills for coping with anxiety. And they are offered at no cost to you.

### How do the programs work?

ThinkHero and ThinkWarrior teach your child about coping with anxiety through stories they can relate to. A fictional child and teen narrate the programs and guide your child through a series of nine, self-directed steps. Your child can also choose an adult helper to support, motivate and reward them for progress. These private programs are offered through Magellan's Digital Emotional Wellbeing program, powered by NeuroFlow. Use them anywhere, anytime. All you need is a mobile device that can play videos.

### Ready to get started?

If you're already using the NeuroFlow app, follow these steps to access ThinkHero or ThinkWarrior.

- 1 Open the NeuroFlow app, go to the home page, and tap "Discover" in the middle of the navigation bar at the bottom of the page.
- 2 Tap "See All" to the right of "Journeys" at the top of the page.
- 3 Scroll down to "Magellan DCBT" at the bottom of the page.
- 4 Tap "See All," and then, select "ThinkHero" or "ThinkWarrior" to start your child's journey. After starting the journey in the NeuroFlow app, you can also access the programs in the web version of NeuroFlow.



Not a Neuroflow user? Visit your Employee Assistance Program member website at [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core) or scan the QR code to get started.