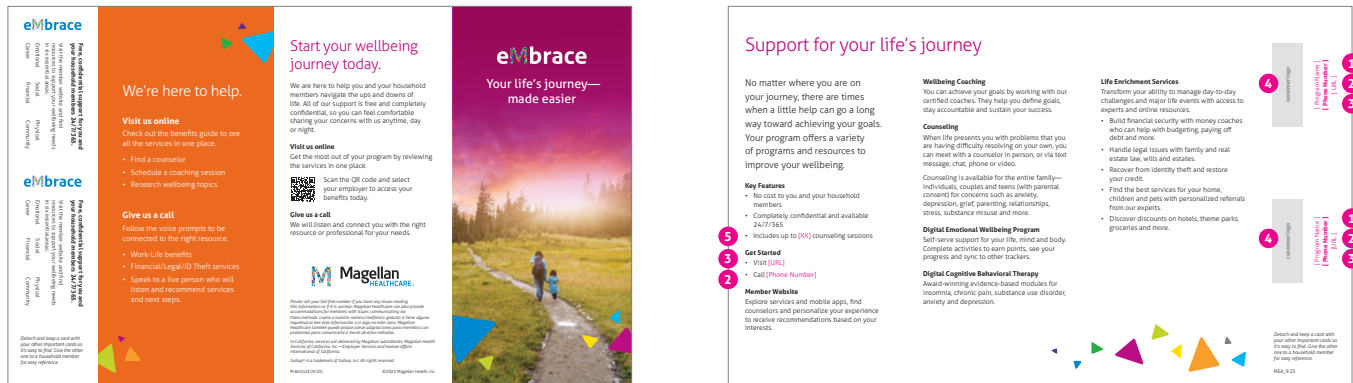


Co-branding Magellan member materials

The eMbrace materials are co-branded to include the customer's product and program information.

Core materials

Our comprehensive selection of educational materials can be used across a variety of communication channels.



There is no co-branding on the front of the brochure.

The **Brochure** content is imprinted based on the customer's product and program information.

Current product configurations:

- eMbrace Employee Assistance
- eMbrace Employee Assistance w/ Appointment Assist
- eMbrace Total Wellbeing
- eMbrace Total Wellbeing w/ Appointment Assist

* All other specialized solutions are promoted with program flyers and digital signs

Program information includes:

1. Program name*
2. Program phone number
3. Member website URL
4. Customer logo, if provided
5. Number of counseling sessions



The **Digital sign** is co-branded with the customer's program information (program phone number, member website URL and customer logo).

The **Overview flyer** is co-branded with the customer's program information (program name, program phone number, member website URL, customer logo and number of counseling sessions).

The **Poster** is co-branded with the customer's program information (program phone number, member website URL and customer logo).

*The program name defaults to "eMbrace Program"

Engagement materials

All of the engagement materials are co-branded with the customer's program information (program name, program phone number, member website URL and customer logo).

Monthly campaigns

Changing your perceptions to positively impact your wellbeing

Join our live webinar May 8, 2024 at 1 p.m. CT to learn how to reframe your thinking in positive rather than negative directions. Scan the QR code to [register now](#).

This webinar will:

- Define the concept of human perceptions.
- Examine how perceptions influence our emotions.
- Provide tips on how to change your perceptions in ways that improve emotional wellbeing.

The webinar will be recorded and posted on your [\[Program Name\] website](#), [\[URL\]](#).

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Momentum

As the time through which we view life's experiences, it influences how we see, feel, remember and act on reality. If uncomfortable events in the past have clouded your perspective in the present, the good news is that you can change the personal lens through which you view things.

As the time through which we view life's experiences, it influences how we see, feel, remember and act on reality. If uncomfortable events in the past have clouded your perspective in the present, the good news is that you can change the personal lens through which you view things.

Getting help from professional experts of your life (Counseling) can help you cope with stress, marital/family relationship issues, grief, parenting, substance misuse and much more. Our program offers confidential counseling in person and virtually. Visit your member website to learn more.

To ensure mutual consent:

- A. Now, act on these positive beliefs. Be patient with yourself as you learn to reflect.
- B. Counseling begins on the present, past, present, breathe, ground yourself and respond from a more empowered place.

Counseling

Get help from professional experts of your life (Counseling) can help you cope with stress, marital/family relationship issues, grief, parenting, substance misuse and much more. Our program offers confidential counseling in person and virtually. Visit your member website to learn more.

Sign up now at [\[Phone Number\]](#) or go online [\[URL\]](#) for confidential, no cost help 24/7 for you and your household members.

WELLBEING TIP: Change your self-perception and unleash your hidden potential. Recognize and choose to do something about the self-perceptions that don't benefit you.

Call your [\[program name\]](#) at [\[phone number\]](#) or visit [\[URL\]](#) for helpful resources.

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Special awareness campaigns

May is Mental Health Month

Daily exercise calendar

Regular movement significantly impacts mental health. Below, find a calendar with low-impact exercises requiring no equipment. Record your feelings after each daily exercise. Start with 5 minutes and increase duration, frequency, and intensity gradually.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May is Mental Health Month

Understanding the link between movement and mental health

Movement has a profound impact on mental health. Engaging in physical activity is 1.5 times more effective at alleviating stress, anxiety, and mild-to-moderate symptoms of depression than taking antidepressant medications.

The connection between physical activity and mental health is deeply rooted in the intimate relationship between your mind and body. Let's explore how exercise influences your overall sense of wellbeing.

Examine your mood: Exercise triggers the release of endorphins—natural brain chemicals that create feelings of happiness and euphoria. This biochemical response enhances your overall sense of wellbeing.

Reduce stress: Physical activity prompts your body's systems to communicate more clearly, particularly when responding to physical stress. This biochemical response helps you respond better to demands of daily life.

Keep your mind sharp: Engaging in physical activity keeps your brain and sharpen your concentration. Exercise stimulates the production of new brain cells, improving memory and helping improve age-related cognitive decline.

Alleviate mental health symptoms: Regular physical activity can ease symptoms of depression and anxiety, leading to an improvement in overall health.

Build your resilience: Engaging in exercise as a coping mechanism builds resilience in managing emotional challenges. It's a healthier alternative to substance use, such as alcohol and drug use, or overeating.

If you haven't yet incorporated exercise into your routine, don't worry! Start with walking or any other low-impact exercise. Experiment with different activities until you discover one that you find enjoyable and sustainable in the long run. Your mind and body will thank you for it!

For more information, scan the QR code to visit your [\[Program Name\] member website](#), [\[URL\]](#), or call [\[Phone Number\]](#).

May is Mental Health Month

Move for better mental health!

Did you know movement has a profound impact on your mental wellbeing? Physical activity is 1.5 times more effective at alleviating stress, anxiety and mild depression than taking antidepressant medications. Benefits also include reduced stress, improved memory, better sleep and a mood boost.

No matter your age or fitness level, find a way to move for your mental health today.

Scan the QR code to visit your [\[Program Name\] member website](#), [\[URL\]](#), or call [\[Phone Number\]](#) for more information.

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Posters

Thinking of going back to school?

Going back to school as an adult is a big commitment but can be very rewarding personally and professionally.

Contact your program for free and confidential assistance today.

Money Coaches offer information on applying for financial aid, scholarships, grants and budgeting for school-related expenses.

Wellbeing coaches help you define your goals, stay accountable and achieve your desired outcomes.

Counselors are available to meet with you in person or virtually to help you manage your school-related stress and navigate work-life balance.

Scan the QR code to visit [\[URL\]](#) and select your employer to get started. Scan the QR code to visit [\[URL\]](#) or call your [\[Program Name\]](#) at [\[Phone Number\]](#) to get started.

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Program flyers

Counseling

It's okay to not be okay. Life can present you with problems that may be difficult to resolve on your own. If you feel yourself struggling, consider taking advantage of the counseling services available through your program. Counseling can provide you with support, education, guidance and resources to learn and practice new coping strategies, which can help improve your mental health.

Counseling is available through the following modalities:

- In-person
- Telemessage
- Live chat
- Phone
- Video conference

Medium to high-speed internet required. Not all providers offer videoconference services.

Scan the QR code to visit [\[URL\]](#) or call your [\[Program Name\]](#) at [\[Phone Number\]](#) to get started.

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Tip sheets

Five ways to connect with others and reduce loneliness

Loneliness is the feeling of being isolated, or alone. It's not always tied to the amount of time you spend with other people, but can come from a gap between the relationships you have and the ones you need or want.

There may not be a single cure for loneliness, but there are healthy ways to cope and reconnect socially and regain a sense of belonging. Here are five ways to reduce loneliness:

- Try helping someone else:** Helping out your neighbor or a friend can be a great way to help people and meet others who share your interests. You can volunteer for charity, try to help a friend, or even start a community garden.
- Think about getting a pet:** Getting a pet can be a great companion, source of comfort and emotional support, and a great way to meet others. If you can't get a pet, there are many volunteer organizations to help animals in every community.
- Take care of your relationships:** Relationships are important. If you're not sure how to connect with others, try to reach out. If you're not sure how to connect with others, try to reach out. If you're not sure how to connect with others, try to reach out.
- Find new connections through activities:** Join a club or a hobby group. Take a class to learn something new. Volunteer your time at a community center. You can find people who share your interests and meet others who share your interests.
- Talk with a counselor:** It can be helpful to make changes on your own and start to think about being social. If you're not sure how to connect with others, try to reach out. If you're not sure how to connect with others, try to reach out.

Help is available. Your program is completely confidential and here to help you and your household members 24/7. Call us at [\[Phone Number\]](#) or visit [\[URL\]](#) to get started.

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Guides

Grief: how to help yourself and others through the grieving process

Grief is a natural response to the loss of someone or something very important to you. Grieving is the process of emotional and life adjustment you go through after a loss. There is no "right" or "wrong" way to grieve.

Experiencing a loss can cause feelings of grief and even lead to depression. You may find that you're not sleeping, not eating, or not going to work. You may feel that you're not yourself. You may feel that you're not yourself. You may feel that you're not yourself.

Understanding the steps of a healthy grieving process, however, can help you move through the loss of someone or something very important to you. Grieving is the process of emotional and life adjustment you go through after a loss. There is no "right" or "wrong" way to grieve.

The steps of a healthy grieving process are:

- The loss of a loved one or something very important to you.
- The loss of a loved one or something very important to you.
- The loss of a loved one or something very important to you.

This guide contains tips to help people learn more about grief, how to help others who are grieving, and how to help yourself when you are grieving. It also contains information on how to help others who are grieving and how to help yourself when you are grieving.

Scan the QR code to visit your [\[Program Name\] member website](#), [\[URL\]](#), or call [\[Phone Number\]](#) for helpful resources.

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Digital signs

ThinkHero® & ThinkWarrior™

Helping children and teens beat anxiety

- Access clinically validated digital cognitive behavioral therapy program.
- Learn lifelong skills for coping with anxiety.
- Recognize and alter unhelpful thought patterns.
- Find support, motivation, reinforcement and rewards for progress.

Contact your [\[Program Name\]](#) at [\[Phone Number\]](#) or visit [\[URL\]](#) to get started.

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