

# Your life's journey— made easier



## Start your wellbeing journey today.

We are here to help you and your household members navigate the ups and downs of life. All of our support is free and completely confidential, so you can feel comfortable sharing your concerns with us anytime, day or night.

### Visit us online

Get the most out of your program by reviewing the services in one place.



Scan the QR code and select your employer to access your benefits today.

### Give us a call

We will listen and connect you with the right resource or professional for your needs.

*Please call your toll-free number if you have any issues reading this information or if it is unclear. Magellan can also provide accommodations for members with issues communicating via these methods.*

*Llame a nuestro número telefónico gratuito si tiene alguna inquietud al leer esta información o si algo no está claro. Magellan también puede proporcionar adaptaciones para miembros con problemas para comunicarse a través de estos métodos.*

*In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California, Inc.—Employer Services and Human Affairs International of California.*

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**Magellan**  
HEALTHCARE®

## We're here to help.

### Visit us online

Check out the benefits guide to see all the services in one place.

- Find a counselor
- Schedule a coaching session
- Research wellbeing topics

### Give us a call

Follow the voice prompts to be connected to the right resource.

- Work-Life benefits
- Financial/Legal/ID Theft services
- Speak to a live person who will listen and recommend services and next steps.

Free, confidential support for you and your household members 24/7/365.

Visit the member website and find resources to support your wellbeing.

- Emotional wellbeing
- Family & relationships
- Grief & loss
- Stress & balance
- Workplace support
- Daily life solutions

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Detach and keep a card with your other important cards so it's easy to find. Give the other one to a household member for easy reference.

# Support for your life’s journey

## EAP Program Name

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. Your program offers a variety of services and resources to improve your wellbeing.

## Key Features

- No cost to you and your household members
- Completely confidential and available 24/7/365
- Includes up to [XX] counseling sessions

## Get Started

- Visit [URL]
- Call [Phone Number]

## Counseling

When life presents you with problems that you are having difficulty resolving on your own, you can meet with a counselor in person, or via text message, chat, phone or video.

Counseling is available for the entire family—individuals, couples and teens (with parental consent) for concerns such as anxiety, depression, grief, parenting, relationships, stress, substance misuse and more.

## Wellbeing Coaching

You can achieve your goals by working with our certified coaches. They help you define goals, stay accountable and sustain your success.

## Digital Emotional Wellbeing Program

Take control of your whole health and strengthen your mind-body connection by completing activities, tracking mood and sleep, using digital cognitive behavioral therapy modules and syncing progress with other trackers like Fitbit and Apple Health.

## Financial Wellbeing, Legal Services and Identity Theft Resolution

Meet with experts who can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit, research specific topics and state-specific legal forms.

## Work-Life Services

Specialists provide expert guidance and personalized referrals to service providers for childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

## Discount Center

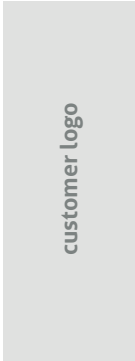
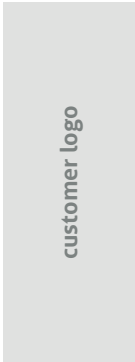
Hundreds of deals on nationally recognized brand-name products and services in one convenient location.

## Member Website

Explore services and mobile apps, find counselors and research topics and resources related to your life, mind and body.

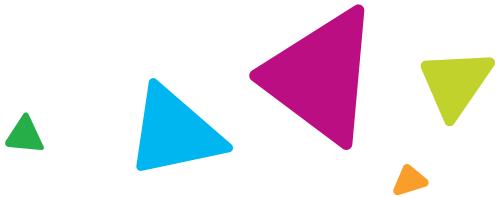
“My coach was instrumental in bringing clarity to my situation and helped me find great peace where I could not find it before.”

~ Magellan Member



[ Program Name ]  
[ Phone Number ]  
[ URL ]

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