



Digital emotional wellbeing

Family problems. Personal stress. Physical ailments. Take control of your whole health—life, mind and body—with Magellan Healthcare's enhanced wellbeing program.

- Complete breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Address conditions like anxiety, depression and substance misuse.
- Get support for topics such as caregiving, goal setting, mindfulness, stress and more.
- Sync with wellness trackers including Fitbit, Garmin and MyFitness Pal.



Visit your Employee Assistance Program member website at MagellanAscend.com (enter company name) or scan the QR code to get started.