

# Digital emotional wellbeing

Family problems. Personal stress. Physical ailments. National and international crises. Life can take a toll on member wellbeing. How can you help? With Magellan Healthcare's digital emotional wellbeing program, powered by NeuroFlow.

Our program helps individuals take control of their whole health—life, mind and body—through relaxation and mindfulness techniques, strength-building activities, behavior tracking, and wellbeing assessments. And with Magellan's digital cognitive behavioral therapy modules embedded in the experience, they can access evidence-based programs at any time, wherever they are.

- ComfortAble™—for chronic pain
- FearFighter®—for anxiety, panic & phobia
- MoodCalmer—for depression
- **RESTORE®**—for insomnia & other sleep troubles
- SHADE—for substance use disorder

## Strong member engagement

80% of registered users complete an initial assessment, and 61% remain engaged after the first month.

- NeuroFlow technology keeps your members engaged in clinically validated activities through proactive nudges, gamification and reward badges.
- Regular, automated check-ins measure user progress, and natural language processing flags concerning text-based entries.
- Flagged users are directed to Magellan's virtual and in-person counselors for more personalized attention.
- Enterprise-level participation and progress reporting shows the engagement and overall wellbeing trends for your organization while keeping individual details confidential.

## Results that make a difference

Activities address topics such as goal-setting, loneliness, physical activity and stress. The program tools and DCBTs have helped individuals with ADHD, substance use issues, PTSD, depression, anxiety and other conditions, with impressive outcomes:

57%

reduction in symptoms  
of fear and panic<sup>1</sup>

52%

reduction in  
depression severity<sup>2</sup>

72%

reduction in  
substance use<sup>3</sup>

80%

of users  
improved sleep<sup>4</sup>

If you're looking for a way to positively impact your members, look no further. Magellan's digital emotional wellbeing program is easy to launch, promote and monitor, and we're always adding new content and tools to keep your members coming back for more.



Scan the QR code to contact us and learn more about how your organization can benefit from Magellan Healthcare's solutions.

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2. Greist, J. H., Osgood-Hynes, D. J., Baer, L., & Marks, I. M. (2000). Technology-Based Advances in the Management of Depression: Focus on the COPE Program. *Disease Management and Health Outcomes*, 7, 4.
3. Kay-Lambkin, F. J., Baker, A. L., Lewin, T. J., & Carr, V. J. (2009). Computer-based psychological treatment for comorbid depression and problematic alcohol and/or cannabis use: a randomized controlled trial of clinical efficacy. *Addiction*, 104, 3, 378-88.
4. Vincent, N., & Lewy the effectiveness of online treatment for insomnia. *Sleep*, 32, 6, 807-15.