



About the Gallup® Wellbeing Survey

eMbrace helps you address your total wellbeing. Your employer has invested in this program to help you thrive in all areas of your life. The Gallup® Wellbeing Survey available to you through eMbrace is a way to measure how you're doing.

What is wellbeing?

Contrary to what many people believe, wellbeing isn't just about being happy or physically fit. Wellbeing is feeling good about our thoughts, life experiences and things that are important to us. The definition of wellbeing is different for every person.

The six essential elements of wellbeing

Based on years of research and analysis by Gallup®, there are six areas in your life that contribute to total wellbeing:

- **Emotional:** You have resilience and confidence to respond to uncertainty.
- **Career:** You like what you do every day.
- **Social:** You have meaningful relationships in your life.
- **Financial:** You manage your money well.
- **Physical:** You have the energy to do what you want and need to do.
- **Community:** You like and feel safe where you live.

We call these the six essential elements of wellbeing.

Gallup® measures wellbeing on three levels—thriving, struggling and suffering. These three levels can apply to your entire life and any one of the six elements above.

THRIVING

You have positive feelings about your life and feel hopeful about the future.

STRUGGLING

You feel so-so about your life and uncertain or negative about the future.

SUFFERING

You feel badly about your life and have no hope for the future.

Taking the Survey

The Gallup® Wellbeing Survey is a series of questions about the quality of your daily life. It should take you about 10 minutes to answer all 61 questions. Most of them are based on questions Gallup® has asked on their global wellbeing survey over the last 50 years and found to be the best signs of wellbeing. The emotional dimension questions are exclusive to Magellan Healthcare based on our 50 years of behavioral health experience.

Getting started

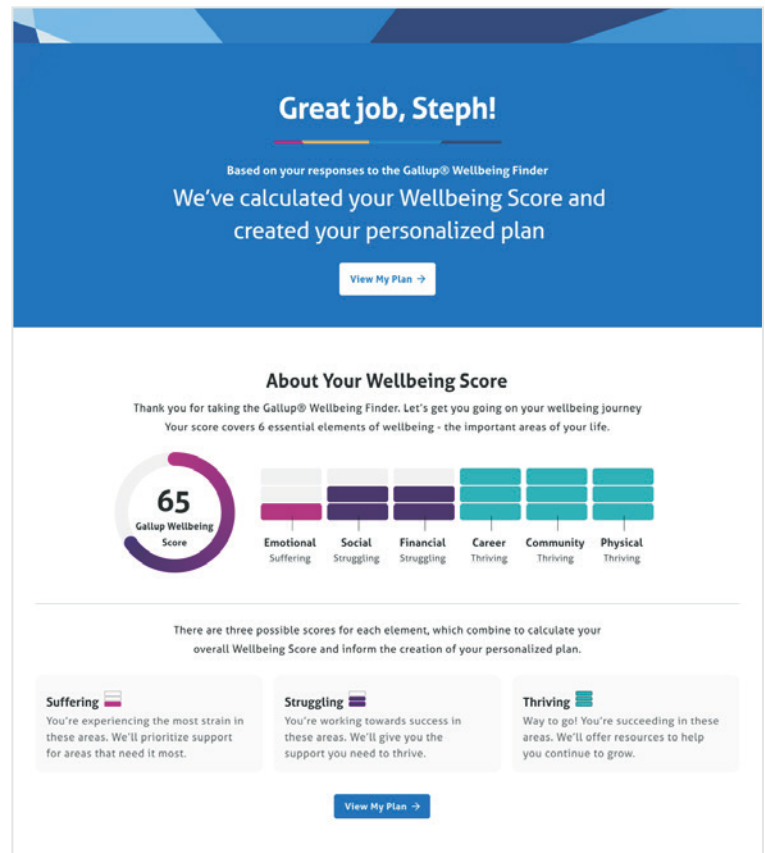
Before taking the survey, you'll need to set up an account on [URL]. Once you set up your account, look for the blue box that says "Get your Personalized Plan and Wellbeing Score" and click on the "Take the Survey" button. Plan to take the Survey when you have time to complete it in one session.

Your results

Once you take the survey, you'll get your results.* It will look something like the picture to the right, with a total wellbeing score and a wellbeing score for each of the six elements.

Your personal plan

You'll also see a link to your personal plan. When you click on the "View My Plan" button, you'll see a series of activities for each wellbeing element. You can start doing the activities immediately or come back later—your plan will always be accessible via your dashboard. Your dashboard will also have the top three recommended activities for you every time you log in. When you complete each activity, your plan and dashboard will update.



Visit MagellanHealthcare.com/eMbrace to get started today!

*If you have any questions about your results, click "Contact Us" at the bottom of the page and find the Frequently Asked Questions.