



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

Visit the member website and find resources to support your wellbeing needs in six essential areas:

Emotional	Social	Physical
Career	Financial	Community

## 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.



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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.

## 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 Healthcare 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 Healthcare 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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Your life's journey—  
made easier



# Support for your life's journey

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 programs 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]

## Gallup® Wellbeing Survey

Start your wellbeing journey anytime by completing the Survey. Your results will include recommendations to improve your wellbeing in six key areas: Emotional, Career, Social, Financial, Physical and Community.

## Wellbeing Coaching

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

## 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.

## Digital Emotional Wellbeing Program

Self-serve support for your life, mind and body. Complete activities to earn points, see your progress and sync to other trackers.

## Digital Cognitive Behavioral Therapy

Award-winning evidence-based modules for insomnia, chronic pain, substance use disorder, anxiety and depression.

## Life Enrichment Services

Transform your ability to manage day-to-day challenges and major life events with access to experts and online resources.

- Build financial security with money coaches who can help with budgeting, paying off debt and more.
- Handle legal issues with family and real estate law, wills and estates.
- Recover from identity theft and restore your credit.
- Find the best services for your home, children and pets with personalized referrals from our experts.
- Discover discounts on hotels, theme parks, groceries and more.

## Member Website

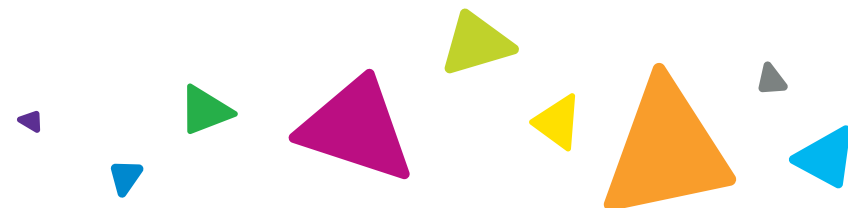
Start your journey here. Take the Gallup® Wellbeing Survey and see the plan recommendations on your member dashboard. Explore services and mobile apps, find counselors and research wellbeing topics.

customer logo

[ Program Name ]  
[ Phone Number ]  
[ URL ]

customer logo

[ Program Name ]  
[ Phone Number ]  
[ URL ]



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