



# Your life's journey—made easier

Your program provides support to help you and your household members navigate the ups and downs of life. The support is free and completely confidential, so you can feel comfortable accessing services on the member website or sharing your concerns with us anytime, day or night.

## Services at a glance

### Counseling

Licensed counselors provide up to 8 sessions to help with life's challenges. You can meet in person or through text, live chat, phone or video conference.

### Wellbeing Coaching

Coaches can help with personal improvement, healthy eating, weight loss and more. Meet with a coach by phone or video.

### 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

Explore services and mobile apps, find counselors and research wellbeing resources.

*"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*



Scan the QR code to visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) and select your employer to access your benefits or call your eMbrace Program at 1-800-424-4039 (TTY 711) to get started.

