

Employee Assistance Program

Your life's journey – made easier

No matter where you are on your journey, there are times when a little help can go a long way. From checking off daily tasks to working on more complex issues, your program offers a variety of resources, tools and services available to you and your household members.



Your program is here to help you along the journey of life. No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.

Key features

- Provided at no cost
- Includes up to 6 counseling sessions
- Confidential service provided by a third party
- Available 24/7/365

Core services

- **Counseling**—Counselors can provide support for challenges such as stress, anxiety, grief, relationship concerns and more.
- **Coaching**—When you have a goal to achieve, coaches help you create a plan of action and stay on track.
- **Online programs**—Self-guided, interactive programs help improve your emotional well-being for issues like depression and anxiety.

Legal assistance, financial coaching & identity theft resolution

Expert consultation to help with your legal, financial and identity theft needs. Access a free online library with resources for identity theft resolution, budgeting, debt management, family law, wills and more.

Wellness resources

Eat better, move more, be happier and healthier with wellness resources including:

- Interactive tools and assessments
- Educational articles and engaging videos
- Information on fitness, proper eating, weight management, disease and injury prevention

Resiliency

Being resilient generally means you're able to adapt to hard times, to challenges, and to other sorts of adversity in life. Fortunately, you can develop skills to become more resilient and your program provides many resources to help you on your journey.

Here's how to get started

Getting the help you need, when you need it, can result in you leading a happier, more productive life.



Give us a call and we will connect you with the right resource or professional.



Learn more about all of the services available at MagellanAscend.com.

Employee Assistance Program
For Professional Consultation
Call 1-800-523-5668

For TTY Users: 1-800-456-4006

Magellan
HEALTH[®]



Focus on You

Providing you with the right tools, wherever you are in life

From simple questions like quick ways to de-stress or how to find more time in your schedule, to more difficult issues like finding support after the loss of a loved one, your program is there to work with you and offer suggestions, options and information.

A Confidential & Important Resource

Your program provides useful tools and resources that can help make the most out of your day or guide you through a difficult time. All confidential and at no cost to you. Some of the topics we can help with include:

- **Resiliency**—overcoming stress and crisis at home and at work.
- **Emotional Wellness**—addiction, depression, anxiety and assistance with other emotional wellness issues.
- **Workplace success**—career goals, team conflict, crisis, management support.
- **Wellness and balance**—work-life balance, stress, relaxation, personal well-being.
- **Personal and family goals**—relationship, children and teen or aging loved ones. Changes in finances or personal situations.

Your program is available to you and your eligible dependents or household members at no cost to you.

Step into Action

It's quick and easy. You can access your program's tools and resources in many ways. And remember its completely confidential. We will connect you with the right resources or professionals to help you with your questions, challenges or needs. No situation is too big or too small.



Call your program's toll-free number to speak with a professional.



Visit MagellanHealth.com/member for online tools, articles, resources and more.

Additional Resources and Information

Health and Wellness Program

Our program makes it easy to bring healthy habits into your busy life. You can set daily goals and track progress online, via mobile app and through integration with fitness trackers. You can even get help and motivation from health coaches and peers.

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