

# Your life's journey— made easier



## Get started today

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



### Give us a call

We will assess your individual situation and connect you with the right resource or professional to address your challenges, questions or needs.



### Check out our website

Learn more about all of the services available to you and your family at [MagellanHealth.com/member](http://MagellanHealth.com/member).

Important: Can you read this? If not, we can have somebody help you read it. For free help, please call your toll-free number. Importante: ¿Puede leer esta carta? Si no, alguien le puede ayudar a leerla. Además, es posible que reciba esta carta escrita en Español. Para obtener ayuda gratuita, llame a su numero gratuito.

In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California—Employer Services and Human Affairs International of California.

*"Life is a journey with problems to solve, lessons to learn, but most of all experiences to enjoy."*

— RITU GHATOUREY

Life is full of peaks and valleys, and your program provides comprehensive, confidential assistance to you and your family during good times and bad, all at no cost to you.

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Visit [MagellanHealth.com/member](http://MagellanHealth.com/member) or call anytime to get help with topics such as:

- Emotional wellness
- Family & relationships
- Grief & loss
- Stress & balance
- Workplace support
- Daily life solutions

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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 family member for easy reference.



# Life is a journey, not a destination

## Employee Assistance Program

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. From checking off daily tasks to working on more complex issues, your program offers you and your family a variety of resources, tools and services to help make your life a little easier.

- Build your resiliency by attending a webinar
- Tackle a personal issue by using a self-paced app
- Accomplish a goal with the help of a coach

## Key features

- Provided at no cost to you and your family members
- Completely confidential service provided by a third party
- Available 24/7/365

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

## Coaching

A coach helps you create a clear cut plan of action to get from point A to point B to meet your goals. Your coach can provide resources, assist with problem-solving, follow-up and accountability. You can meet with coaches by phone or video conference.

## Counseling

For more in-depth assistance, a national network of licensed professionals is available to help with family, stress, substance abuse and other issues. You can meet with a counselor in-person or by video conference. At this time, not all counselors provide video conference capability.

## Online programs

Self-guided programs can help improve your health and overall emotional well-being if you're struggling with depression, anxiety, insomnia, chronic pain, substance abuse or an obsessive compulsive disorder. The programs are easy to access, easy to use and proven effective.

## Wellness program

Want to eat better, move more, be happier? Use this program to bring healthy habits into your busy life. Get help from health coaches and motivation from peers. Browse the content library. Set daily goals, track your progress and have fun getting fit.

## 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.

Employee Assistance Program  
For Professional Consultation  
**Call 1-800-523-5668**  
For TTY Users: 1-800-456-4006

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