



MagellanAscend

Select Language

Log In

Your life's journey - made easier

We're so glad you're here!
Log in or sign up for a new account to
access services to help you on your
life's journey.

Email Address

Password

Remember me

Sign In

Need help signing in?

CREATE AN ACCOUNT

Company Name *

Ozark Schools

Select Your Group *

Ozark Schools

Email *

Email

Password *

Password

Confirm Password *

Password

Terms & Conditions

Although registration is not required to access this site, it is required for some customization, saving programs and accessing select online tools. If you choose not to register at this time, you can register next time. No information will be saved from this visit. **Your information is private and confidential.** If you have additional questions or concerns, please read our Privacy Policy.

I agree with the Terms of Use, Disclaimer and Privacy Policy.

Get Started

Cancel

Magellan EAP Member Portal

How to register:

- 1) Go to www.magellanascent.com
- 2) Click the “Log In” button (top right)
- 3) Click “Sign Up”
- 4) Fill in **Company Name** (your employer’s company name)
- 5) Once the Company Name is entered, “Select Your Group” will pre-populate with the name again
- 6) Enter the **email address** you would like linked to this account
- 7) Create your **password**
- 8) Click the box to **Agree to Terms of Use and Privacy Policy**
- 9) Click “Get Started”



Employee Assistance Program

Your life's journey—made easier

Your program is here to help you achieve your goals

- No cost to you and your household members
- Confidential well-being services
- Available 24/7/365

No situation is too big or too small.

**Give us a call or learn more
at [MagellanAscend.com](https://www.MagellanAscend.com)**



Life Management Program
For Professional Consultation
Call 1-800-269-6014
For TTY Users: 1-800-456-4006

Magellan
HEALTHCARE®

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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 5 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.

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.

Work-life web services

Save time and money on life's most important needs. Access webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges for parents and seniors. Topics include: child and elder care, education, parenting and more.

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.

Workplace stress

Numerous studies show that job stress is a major source of stress for American adults. Causes of stress include workload, relationships and juggling work and personal issues. Your program offers many resources to help you better manage your stress.



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MagellanAscend.com

Making your life's journey easier

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 new program website, MagellanAscend.com can help make your life, and your household members lives, a little easier.

Magellan Ascend is designed for easy browsing on any device. You will receive timely, curated content each time you visit the site. Use the Live Chat feature to get assistance in real-time.

Key features

- ✔ **Explore Services**—Learn more about all the services available to you by clicking on each tile, including coaching, counseling, self-care mobile apps and more.
- ✔ **What's Trending**—Get the latest news on trending topics ranging from building resiliency to handling traumatic events.
- ✔ **Featured Topic**—Each month features a timely and relevant topic presented via the Momentum newsletter and a live webinar.
- ✔ **Your Apps**—Browse helpful apps for your mobile device.
- ✔ **Find Care**—Research providers in your area that specialize in services you need.
- ✔ **Knowledge Center**—Find articles, videos, self-assessments and webinars on a wide range of topics including: anxiety, child care, depression, elder care, parenting, relationships, stress management, substance misuse, work-life balance and so much more. Save these resources to your favorites.
- ✔ **Cost Savings**—Access discounts on millions of products and services including child and elder care, entertainment, vacation planning, fitness centers and more.

Get started today!

Make sure to create a user log-in and profile for secure and confidential access to every area of the website. With fresh content on so many topics and helpful free resources, there's always a reason to visit MagellanAscend.com.



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Good reasons to go to therapy

Therapy is a time-tested tool that helps people with a variety of issues including stress, anxiety, relationship problems, grief, trauma, substance abuse and self-exploration. There are many misconceptions about what it means to talk to a counselor and the stigma associated with it is often the reason people don't seek help in the first place. However, therapy can help people manage issues, develop coping skills and learn how to improve themselves.

When life presents you with problems that you're having difficulty resolving on your own, take advantage of the counseling sessions offered by your program. Therapy is not just for mental health issues, it can help you with support, education, guidance, learning about yourself and provide you with the resources to learn and practice new ways of coping.

Common reasons people seek therapy:

- To work on marriage issues
- To cope with a big life transition
- To develop better parenting skills
- To manage mood swings
- To improve career prospects
- To process grief
- To become more assertive
- To mitigate harmful thoughts
- To process trauma
- To gain a deeper understanding of themselves

Struggling alone and doing nothing is never the answer. There's no need to feel anxious or guilty about seeking help. Your program provides assistance in a convenient, confidential, safe and non-judgmental environment.

*"A journey of a thousand miles
begins with a single step."*

– Lao Tzu

How it works

- ☑ No cost to you and your household members
- ☑ Confidential and provided by a third party
- ☑ Meet with a counselor face-to-face or by video conference (available for participating providers)

Call your program today

Counseling sessions are part of your program. Give us a call to get started.



COX HEALTHPLANS

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Change the way you think, and feel better

Digital Cognitive Behavioral Therapy

Digital Cognitive Behavioral Therapy (DCBT) programs have proven to work just as well as face-to-face therapy and prescription medicines. They're easy to use, educational, interactive and self-paced. You can use them anywhere at any time—all you need is a computer or mobile device that can play videos. Modules are available to help with a variety of conditions*:

ComfortAble™—for chronic pain

This seven-session program helps:

- Improve functioning
- Prevent pain flare-ups
- Change unproductive thoughts and behaviors

You'll also find information on specific conditions like back pain.

FearFighter®—for anxiety, panic & phobia

In this nine-session program, you'll:

- Learn how the body reacts to anxiety
- Take part in core belief exercises and keep a diary
- Create and maintain a fear ladder with goals

These activities help with overcoming fears and breaking the cycle of unhelpful thoughts and behaviors.

MoodCalmer—for depression

This four-session program helps you:

- Understand signs and symptoms
- Challenge negative thoughts
- Schedule pleasant activities to help manage relapse

OCFighter—for obsessive compulsive disorder

This nine-session module provides interactive videos and user success stories to help you:

- Understand ritual impacts
- Identify triggers
- Develop self-management skills to reach your goals

RESTORE®—for insomnia & other sleep difficulties

This six-session program teaches skills, techniques, and exercises to help improve your sleep and sleep quality. Between modules, you'll be asked to:

- Track your sleep daily
- Complete homework
- Work on exercises

SHADE—for substance use disorder

This ten-session program helps reduce alcohol and substance use. It can also help with depression related to use, and it:

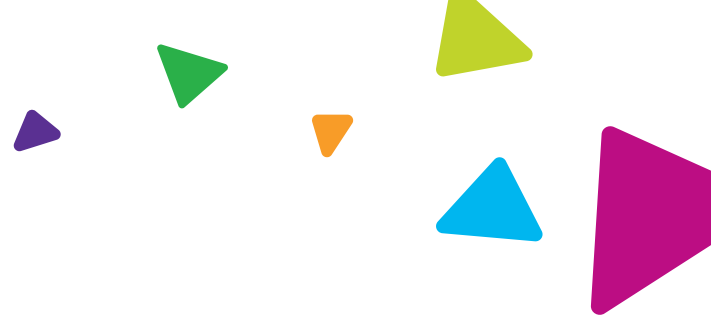
- Teaches skills and techniques to understand addiction
- Helps improve mood, relaxation and mindfulness
- Promotes long-lasting, skill-based changes in behavior

Feel better today. Go online to get started.

**You may not have access to all of the modules.*



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Coaching for personal growth







Change is necessary in order to improve and grow. Sometimes, a little help can go a long way in achieving your goals. Coaches provide confidential, unbiased support to help you shape your purpose and stay on track.

How does coaching work?

You define the change you want to make, whether it be personal or professional. Your coach offers support to help you create a clear plan of action using SMART goals.

You will meet with the same coach, at regular intervals, by phone or video teleconference until your needs have been met. Your coach will assist you with problem-solving, revising your action plan as appropriate, follow-up, and accountability. Coaches can also provide helpful resources and education to help you stay on track and achieve your goals.

Coaching can assist with a variety of issues including:

- | | |
|--|--|
|  Handling work stress |  Not getting enough sleep |
|  Improving relationships |  Weight loss |
|  Mild substance abuse |  Mild mood issues |

“Change might not be fast and it isn’t always easy. But with time and effort, almost any habit can be reshaped.”

~ Charles Duhigg

Call your program today

Coaching sessions are part of your program and are provided at no cost to you. This service is separate from counseling and is not part of those session limits.



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Say goodbye to the waiting room

Meet with a counselor on your terms

Have you ever felt that you could use some help getting through an issue? Perhaps you need to be more assertive in your life, you recently went through a traumatic experience, or your relationships have all been rocky lately. You know you should do something about it, but you haven't taken the first step to get there. Whether you don't have enough time, can't get away from work, have responsibilities at home, or just aren't comfortable going to a counselor, something's getting in the way.

There's a solution: Telehealth

Many counselors now offer Telehealth, a convenient and confidential service that allows you to meet using video teleconference. All you need is a smartphone or a computer with a webcam and high-speed internet access. Telehealth counseling sessions count toward your program's session limit.*

Why Telehealth?

- ☑ **Privacy**—You can meet with a counselor in the privacy of your own home, car or office for a real-time, two-way conversation. You don't have to worry about coworkers wondering where you are going or someone seeing you go into an office.
- ☑ **Convenience and cost-savings**—Because you don't have to drive to an office, you'll be able to put the time and money you would have spent commuting toward other things.
- ☑ **Faster access to mental health services**—Counselors who provide Telehealth accessibility are typically available for appointments much sooner than conventional counselors, who often have long waiting lists.
- ☑ **Flexible appointment times**—Many times, counselors are available evenings and on weekends, enabling you to arrange an appointment at a time that works for your schedule, without taking time off work.

Ready to get started?

1. Visit MagellanAscend.com.
2. If prompted, Register.
3. Click on *Find Care*. On the Location tab, under *Choose a Provider List*, select *Telehealth EAP*.
4. Enter your zip code and select your distance.
5. Complete the online EAP referral form located next to Provider listing and call the provider to schedule an appointment.

Making the time to take care of your needs just got a lot easier. Take advantage of Telehealth and make an appointment today!



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*Your program's session limit includes counseling sessions in three different settings: by video teleconference (if offered), over the phone, or in person.



Bank big savings on major brands and everyday needs with LifeMart®!

Life is expensive. Fortunately, you and your household members have access to LifeMart, an online discount center and mobile app. LifeMart makes everyday life a little more affordable—and a lot more fun—with both national and local discounts from brands you know and love. Whether you're planning a major purchase like a car, home or vacation, or just want to save on day-to-day essentials, LifeMart is your lifeline.

Access real savings on real life needs

- Car buying and services
- Child and elder care
- Clothing, flowers and gifts
- Financial and legal products
- Fitness centers and nutrition plans
- Furniture, appliances and electronics
- Theme park and movie tickets
- Travel, hotels and car rentals

Why spend more when you don't have to?

Make shopping LifeMart a regular part of your money-saving routine and save on the items you want most! With the LifeMart app, you can access discounts anywhere, anytime.

Visit your member website to access LifeMart today!



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