



Digital emotional wellbeing

Take control of your whole health—life, mind and body.

Magellan Healthcare's Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection through interactive activities and education for overall wellbeing. Available via mobile app and your member website, this program can help you in a variety of areas.

Key features:

- Complete activities such as breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Connect to virtual therapy and in-person counselors.*
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

This program can help you cope with and manage the effects of:

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| • Aging | • Caregiving | • Grief and loss | • Resilience |
| • Anxiety | • Chronic pain | • Mindfulness and meditation | • Sleep |
| • Attention-Deficit Hyperactivity Disorder | • Depression | • Post-traumatic stress disorder | • Stress |
| • Balancing emotions | • Goal setting | | • Substance use disorders |



Visit your Employee Assistance Program member website at MagellanAscend.com or scan the QR code to get started.

**Eligibility based on your specific program benefits.*