



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

Well-being services

- *Coaching*—When you have a goal to achieve, coaches help you create a plan of action and stay on track.
- *Counseling*—For more difficult issues like grief or stress, counselors can provide support tailored to your unique situation.
- *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 MagellanHealth.com/member

Work-life services

Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

Nurse advice line

Get your health questions answered over the telephone, any time, day or night. Service includes providing self-care instructions, guidance on when to see a primary care provider, recommending when to visit an urgent care clinic and when to go to the emergency room.

New parent program

Support for expectant or new parents to help with guidance, planning, tools and resources that cover pregnancy all the way through childhood. Topics covered include return to work, lactation consultation, child care needs and more.

Employee Assistance Program
For Professional Consultation

Call 1-800-523-5668

For TTY Users: 1-800-456-4006