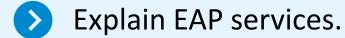


# Your Employee Assistance Program

Objectives



Identify how to access the EAP.





#### Your program





# Available 24/7/365

Your program offers a variety of no cost, confidential resources, tools and services.

#### There are times when a little help can go a long way.

- Self-care programs
- Lifestyle coaching
- Counseling
- Life enrichment services:
  - Work-Life Web Services
  - Employee Discounts
  - Member website
  - Financial Wellness
  - Legal Services
  - ID Theft Resolution



#### Our mission is to help you successfully navigate through the ups and downs of life.

I felt like giving up. I felt like going to a hospital and telling them I wanted to take my life. But then I called Magellan. **I'm calling** because I want to say thank you. It's a relief to talk to somebody who has no connection with my office and is not going to come back and bite me. **Thank you for being there.** 

She was awesome, she helped me out, help me understand the EAP program. She was very patient with me and gave me a bunch of options that I didn't know I had. **She was** very kind and very nice.

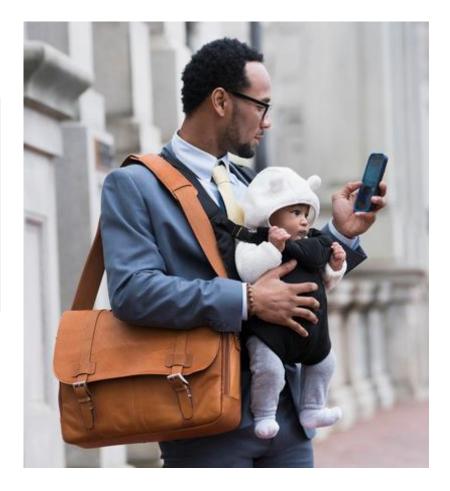


#### How to contact your program



#### 24 hours a day/7 days a week

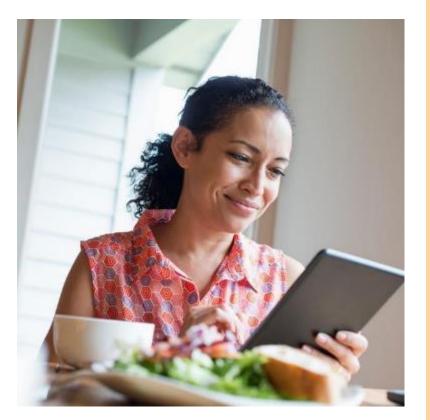
Call your program's toll-free number or Log on to your member website





#### Self-care programs Digital well-being for full spectrum emotional health





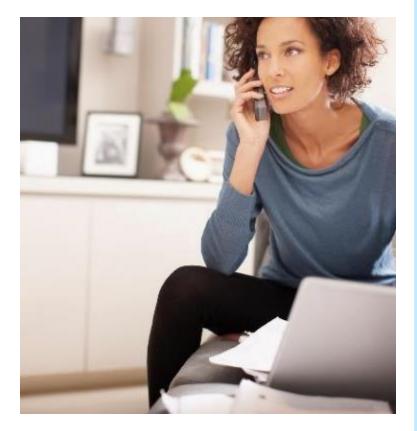
Digital emotional wellness tools to build resiliency, manage stress, improve mood, sleep better or simply find daily inspiration.

- Interactive, self-paced programs matched to your preferences
- Self-monitoring to track mood, sleep, stress and goals
- In-the-moment tools for coping with daily situations
- Over 30 life themes to help individuals live their best lives



## Lifestyle coaching Helping members reach their goals every day





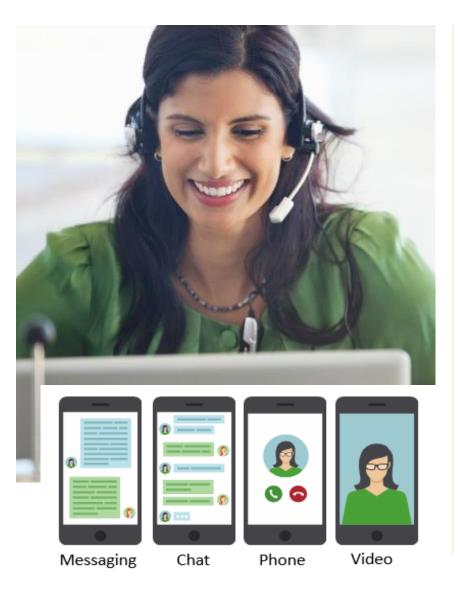
#### Certified coaches motivate members to plan and achieve their goals.

- You define the change you want to make, personal or professional.
- Coaches help you clarify goals, identify obstacles and develop action plans to achieve results.

"I was fortunate to benefit from her coaching during a recent life transition. She was instrumental in bringing clarity to my situation and helped me find great peace where I could not find it before."



## Counseling Licensed professionals provide the support you need



# Confidential service provided at no cost.

Counselors can help with anxiety, grief, depression, relationships and more.

They are available:

- In-person
- By text message
- Live chat
- Phone
- Video



## Life enrichment Services for every generation and life stage



#### Work-life web services

- Parenting and childcare | Aging and elder care
- Life events: new baby, special needs, pet ownership, marriage, divorce, money management, etc.

#### **Employee discounts**

- Money-saving offers
- National and local brands





#### Member website

Centralizes access to program services and hundreds of life and health educational resources. Ma



Life enrichment Services for every generation and life stage



#### **Financial Wellness**

- Meet with a Money Coach
- Develop a plan
- Take action

#### **Legal Services**

- Legal advice
- Document preparation discounts
- Online resource center



## **ID Theft Resolution**

- Fraud Resolution Specialist<sup>™</sup>
- ID Theft Emergency Response Kit

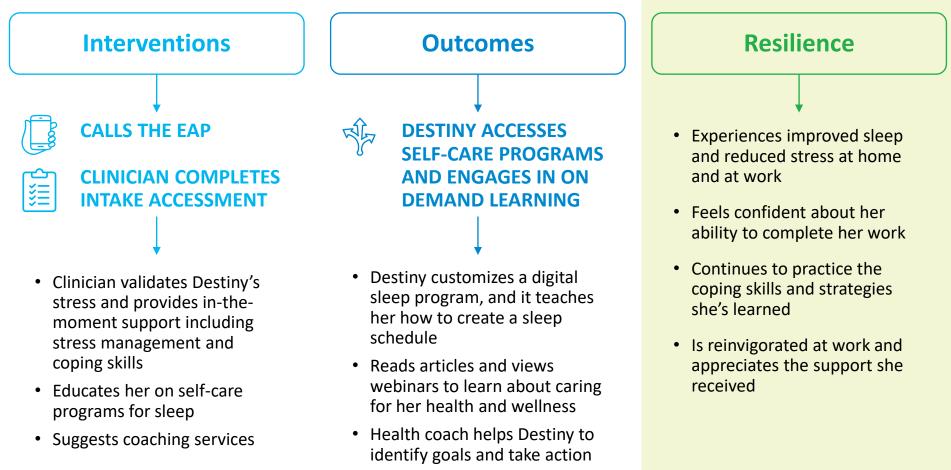






#### DESTINY | 37 YEARS OLD | FOOD SERVER

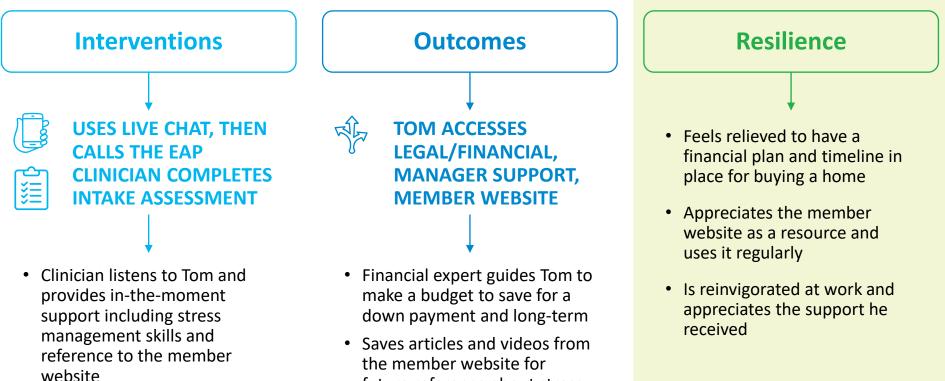
Public-facing, essential worker. Working long hours and is concerned about her emotional wellbeing. Carrying stress into her home life and sleeping poorly.





#### TOM | 35 YEARS OLD | WAREHOUSE WORKER

Works third shift in a warehouse. His wife is a stay-at-home mom to their triplet newborns. Interested in buying his first home but is stressed about his finances and saving for his children's future.



• Educates Tom on legal/financial resources

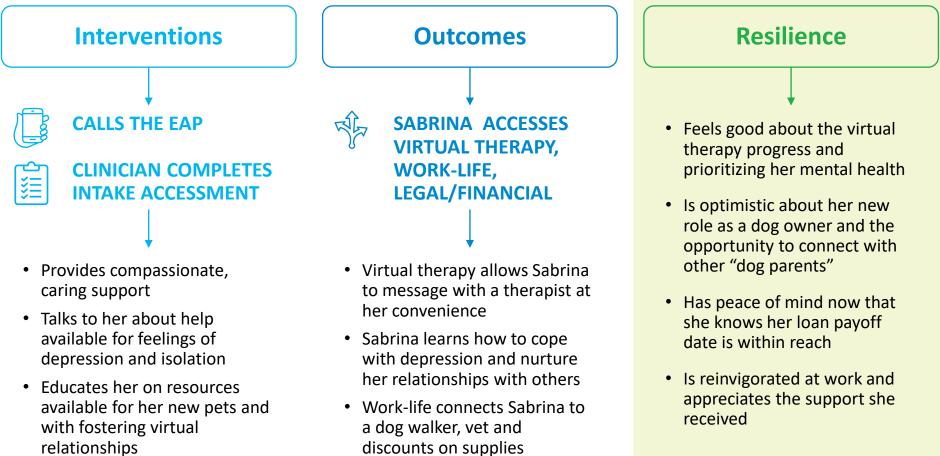
12

future reference about stress, mindfulness and relationships



#### SABRINA | 29 YEARS OLD | ACCOUNTANT

Works from home. Stressed about student loan debt and isolation. Recently lost her sister due to a long-term illness and gained custody of her sister's two dogs. Has a history of depression and has tried counseling in the past but couldn't prioritize the in-person visits.



 Suggests legal/financial for debt consolidation

relationships

 Plan underway, with financial guidance, to pay down loans

Your Employee Assistance Program

## Call toll-free or visit us on the web

# 24 hours a day/7 days a week

# Thank you!

#### **CONFIDENTIAL INFORMATION**

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