

# 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 household members 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 household 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

Your coach will:

- Meet with you by phone or video conference
- Create a clear cut plan of action to help you meet your goals
- Provide resources, assist with problem-solving, follow-up and accountability

## Counseling

Access a nationwide network of licensed professionals for support with challenges such as stress, anxiety, grief, substance misuse, relationships concerns and more. Meet with your counselor in-person or by video conference (if available).

## 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 misuse or an obsessive compulsive disorder. The programs are easily accessible and proven effective.

## Smoking cessation

You may have tried to quit in the past without success. Now, you can quit using an innovative mobile app. Designed with clinically-driven technology, the app helps you create and stick to a quit plan and overcome nicotine cravings. Get the boost you need to quit for good.

## Wellness resources

Eat better, move more, be happier and healthier with wellness resources including:

- Interactive tools and assessments
- Educational articles and engaging videos
- Information on fitness, proper eating, weight management, disease and injury prevention

## 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.



Employee Assistance Program  
**1-800-327-5048**



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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 household member for easy reference.*

# 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 household 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 household members at [MagellanAscend.com](https://MagellanAscend.com).

*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 número gratuito.*

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

**Magellan**  
HEALTHCARE<sup>SM</sup>

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*"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 household members during good times and bad, all at no cost to you.

## Your life's journey—made easier

Visit [MagellanAscend.com](https://MagellanAscend.com) 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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