

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 family 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 family at MagellanHealth.com/member.

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.

"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 family during good times and bad, all at no cost to you.

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Visit MagellanHealth.com/member 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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Detach and keep a card with your other important cards so it's easy to find. Give the other one to a family member for easy reference.

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 family 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 family 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

A coach helps you create a clear cut plan of action to get from point A to point B to meet your goals. Your coach can provide resources, assist with problem-solving, follow-up and accountability. You can meet with coaches by phone or video teleconference.

Counseling

For more in-depth assistance, a national network of licensed professionals is available to help with family, stress, substance abuse and other issues. You can meet with a counselor face-to-face or by video conference. At this time, not all counselors provide video conference capability.

Online programs

Self-guided programs can help improve your health and overall emotional well-being if you're struggling with depression, anxiety, insomnia, substance abuse or an obsessive compulsive disorder. The programs are easy to access, easy to use and proven effective.

Legal assistance & financial coaching

Expert consultation to help you with your legal and financial needs. Free 60-minute sessions with legal and financial experts and an online library with resources for identity theft, budgeting, debt management, family law, estate planning and other areas of concern.

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.

Employee Assistance Program
For Professional Consultation
Call 1-800-523-5668
For TTY Users: 1-800-456-4006

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