

# eMbrace your total wellbeing

eMbrace empowers you with a personalized, guided experience to advance the quality of your life. This total wellbeing program is confidential and available to you and your household members.

## Gallup® Wellbeing Survey

Start your wellbeing journey anytime by completing the Survey. Your results will include recommendations to improve your wellbeing in six key areas:

- *Emotional*—Having a healthy, resilient mind
- *Career*—Liking what you do every day
- *Social*—Having a sense of belonging and a supportive network
- *Financial*—Having enough money to meet daily needs
- *Physical*—Having enough energy for daily activities
- *Community*—Feeling safe, connected and engaged in your community

## Wellbeing Coaching

You can achieve your goals by working with our certified coaches. They use evidence- and strength-based practices to help you define goals, stay accountable and sustain your success.

## Counseling—0 sessions per issue, per year

When life presents you with problems that you are having difficulty resolving on your own, you can meet with a counselor in person, or via text message, chat, phone or video.

Counseling is available for the entire family—individuals, couples and teens (with parental consent) for concerns such as anxiety, depression, grief, parenting, relationships, stress, substance misuse and more.

## Digital Emotional Wellbeing Program

Take control of your whole health and strengthen your mind-body connection by completing activities, tracking mood and sleep, using digital cognitive behavioral therapy modules and syncing progress with other trackers like Fitbit and Apple Health. For ages 18 and up.

## Wellbeing Navigator

Sometimes it's hard to know where to go when you have multiple wellbeing concerns. Your personal Navigator can help, connecting you with employer benefits and community services that are right for you.

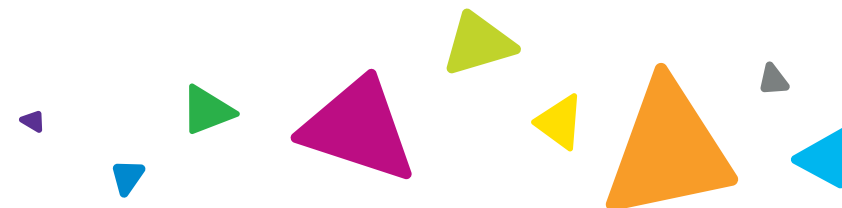
## Life Enrichment Services

Transform your ability to manage day-to-day challenges and major life events with access to experts and online resources to:

- Help you build financial wellbeing: managing student loans, buying a home, paying off debt or planning your retirement
- Resolve legal issues and restore credit from identity theft
- Get referrals for home services and find care for children, adults or pets
- Enjoy discounts on national hotels, theme parks, home repair services, groceries and more

## Member.MagellanHealthcare.com

Start your journey here—take the Gallup® Wellbeing Survey and access wellbeing programs, tools and resources. New recommendations will appear based on your journey, and you can connect with experts who will support you along the way.





Visit the member website to start your personalized wellbeing journey today.

eMbrace can help you with the six most important aspects of your life:

Emotional      Financial  
 Career          Physical  
 Social            Community

2 in 10

of us feel lonely and isolated in our free time.<sup>1</sup>

3 in 10

of us don't get enough sleep.<sup>2</sup>

4 in 10

of us live with pain everyday.<sup>3</sup>

7 in 10

of us are not actively engaged at work.<sup>4</sup>

8 in 10

of us have anxiety in our lives.<sup>5</sup>

10 in 10

of us can improve our wellbeing.

**eMbrace can help.**

1. [statista.com/statistics/1222815/loneliness-among-adults-by-country](https://www.statista.com/statistics/1222815/loneliness-among-adults-by-country)  
 2. [cdc.gov/sleep/data\\_statistics.html](https://www.cdc.gov/sleep/data_statistics.html)  
 3. [cdc.gov/mmwr](https://www.cdc.gov/mmwr)  
 4. [gallup.com/workplace/229424/employee-engagement](https://www.gallup.com/workplace/229424/employee-engagement)  
 5. [stress.org/42-worrying-workplace-stress-statistics-2](https://www.stress.org/42-worrying-workplace-stress-statistics-2)



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 Career          Physical  
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Start your journey to total wellbeing today.

**Visit us online**

The eMbrace member website creates a unique, personalized experience based on your input and guides you to services and resources to improve your wellbeing.



*Please call your toll-free number if you have any issues reading this information or if it is unclear. Magellan Healthcare can also provide accommodations for members with issues communicating via these methods. Llame a nuestro número telefónico gratuito si tiene alguna inquietud al leer esta información o si algo no está claro. Magellan Healthcare también puede proporcionar adaptaciones para miembros con problemas para comunicarse a través de estos métodos.*

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A total wellbeing program to help you live your best life.

