

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
- Eat better, move more and live happier with simple and doable tips

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.

Consultation

Consultants are available by telephone to help with family problems, stress, anxiety, substance misuse and other emotional health issues. A consultant listens to your situation, provides you with education and, if needed, refers you to a resource for more in-depth assistance.

Digital emotional wellness tools

Proven programs that help you manage anxiety, stress, depression, pain, sleep, alcohol, drug and nicotine misuse or recovery and more. Personalized and self-directed in-app coaching, articles, activities and videos will help you live your best life.

Workplace stress

Numerous studies show that job stress is a major source of stress for American adults. Causes of stress include workload, relationships and juggling work and personal issues. Your program offers many resources to help you better manage your stress.

Work-Life Web Services

Save time and money on life's most important needs. Access webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges for parents and seniors. Topics include: child and elder care, education, parenting and more.

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
For Professional Consultation
Call 1-800-523-5668 (TTY 711)

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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.

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
HEALTHCARESM

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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 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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