

Focus on You

Providing you with the right tools, wherever you are in life

From simple questions like quick ways to de-stress or how to find more time in your schedule, to more difficult issues like finding support after the loss of a loved one, your program is there to work with you and offer suggestions, options and information.

A Confidential & Important Resource

Your program provides useful tools and resources that can help make the most out of your day or guide you through a difficult time. All confidential and at no cost to you. Some of the topics we can help with include:

- **Resiliency**—overcoming stress and crisis at home and at work.
- **Emotional Wellness**—addiction, depression, anxiety and assistance with other emotional wellness issues.
- **Workplace success**—career goals, team conflict, crisis, management support.
- **Wellness and balance**—work-life balance, stress, relaxation, personal well-being.
- **Personal and family goals**—relationship, children and teen or aging loved ones. Changes in finances or personal situations.

Your program includes up to 5 counseling sessions for you and your eligible dependents or household members at no cost to you.

Step into Action

It's quick and easy. You can access your program's tools and resources in many ways. And remember its completely confidential. We will connect you with the right resources or professionals to help you with your questions, challenges or needs. No situation is too big or too small.



Call your program's toll-free number to speak with a professional.



Visit MagellanHealth.com/member for online tools, articles, resources and more.

Additional Resources and Information

Legal & Financial Consultation

Your program offers you quick and confidential access to help with legal or financial questions and services you may need. Legal and financial experts are available to help with any questions you may have, or access the online library for helpful tools and resources.

Work-life Services

You have access to tools, resources and experts who can help with many of the day-to-day things that can happen in life. You also have access to the LifeMart® discount center which offers valuable discounts on things such as travel, clothing, restaurants, and more.

Web-based Confidential Care

Trouble sleeping, feeling anxious or depressed? Our online cognitive behavioral therapy (CBT) programs offer an option to traditional care. You have access to these confidential, clinically proven self-guided and self-paced programs any time, day or night.



Employee Assistance Program (EAP)

1-800-424-6131



Legal & Financial Services

Balancing the needs of your family with your job responsibilities isn't easy. It can be particularly difficult if you have a legal or financial issue and you are not sure where to turn for help. As part of your program, legal and financial consultation services are available to you and your family.*

Professional Legal and Financial Consultations

Legal Consultation: You can receive up to a 60 minute telephone or face-to-face consultation with an attorney on any type of legal matter. The 60 minute offering is available for one consultation per topic each year. For services beyond the 60 minutes, members receive a preferred discount rate of 25% to 35% off the hourly fee based on the types of services utilized.

Financial Consultation: Your program offers you up to a 60 minute telephone consultation with a financial counselor on issues such as budgeting, debt consolidation, loans, mortgage assistance, retirement, saving for college, IRS matters and other financial topics.

Tools and Resources

You can access many of the tools and resources online through your program's website. Tools and resources include:

- Hundreds of articles and guides
- Legal and financial frequently asked questions answered by professional experts

- Online financial calculators and estimator tools
- Legal and financial forms and resources based on specific topics
- Interactive legal forms such as wills that you can complete and save online

Schedule a Legal or Financial Consultation

Call your program's toll-free number and ask for legal or financial services. You can also log on to MagellanHealth.com/member and click on the benefits tab, then the legal and financial consultation link to utilize the many tools and resources available.



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* Depending on your program, family includes a spouse and other household family members.