

Magellan  
HEALTHCARE<sup>SM</sup>

embrace

*A total wellbeing and enterprise growth solution*

# The Process

## Step 1: Complete the Gallup Wellbeing Finder

I like what I do each day.

Strongly Agree  
Agree  
Neither Agree nor Disagree  
Disagree  
Strongly Disagree

← Back Finish →

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Are you satisfied or dissatisfied with your standard of living, all the things you can buy or do?

Satisfied  
Don't Know  
Dissatisfied

← Back Next →

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## Step 2: Receive your Wellbeing Score

Based on your responses to the Gallup® Wellbeing Finder  
We've calculated your Wellbeing Score and created your personalized plan

Aug 12, 2021 View previous assessment results

**65**  
Gallup Wellbeing Score

|           |            |            |          |           |          |
|-----------|------------|------------|----------|-----------|----------|
| Emotional | Social     | Financial  | Career   | Community | Physical |
| Suffering | Struggling | Struggling | Thriving | Thriving  | Thriving |

Overall, you appear to be **Struggling**.

Don't worry, based on your answers, we have created your Personalized Plan. This plan helps you improve the important areas of your life.

How is my score calculated?

## Step 3: Follow your Personalized Plan

### Personalized Plan

**Focus on these areas first**  
Get the most impact on improving areas where you're Struggling.

**Emotional**

You've indicated that this is an area you struggle with. Your resilience grows where you recognize the emotional triggers you and express them in a constructive manner to yourself and others.

- Track your emotional health with NeuroFlow
- Learn how about stress management
- Reducing stress with progressive muscle relaxation

**Next, approach these areas**  
After working through your suggested focus areas, approach areas where you're Struggling.

**Social**

You've indicated that this is an area you struggle with. Your social network supports your overall wellbeing and grows as you create and strengthen relationships with the people in your life.

- Building and maintaining strong family relationships
- Managing relationship stress for couples
- Learning to say No - Healthy Boundaries

**Financial**

You've indicated that this is an area you struggle with. Your finances support your ability to relax and become more stable as you learn to manage your money and create healthy budgets for your future.

- 5 Ways to Lower Financial Stress
- Dealing with reduced income and financial support
- How to create a healthy budget to build savings

**Last, but not least**  
Resources and services for you to continue to improve and learn in areas where you're thriving.

**Career**

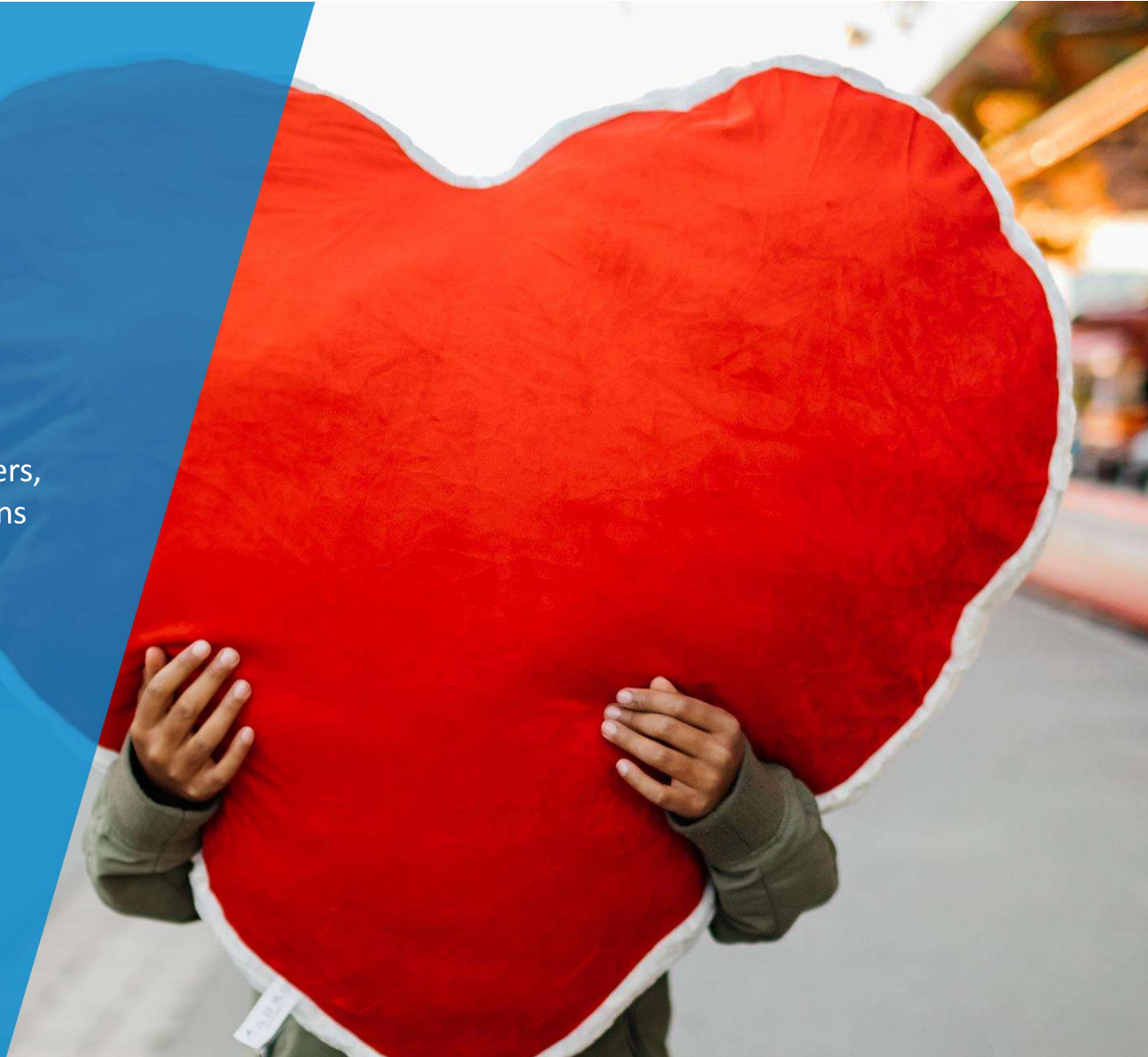
Your career contributes to your overall wellbeing when you feel purpose, pride and balance in your work life.



# Counseling

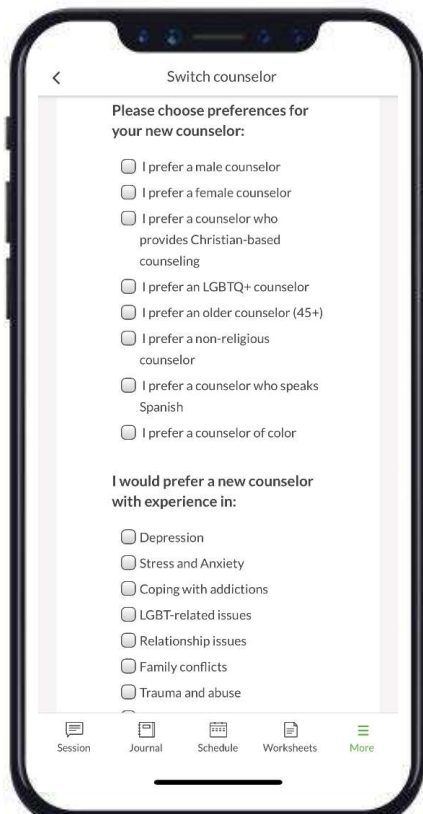
## ✓ Counseling sessions

- ✓ Comprehensive, compassionate support
  - Match members to best modality
  - Filters for expertise in specific disorders, age groups and specialized populations
- ✓ 40,000+ nationwide network
- ✓ Virtual and in-person therapy options

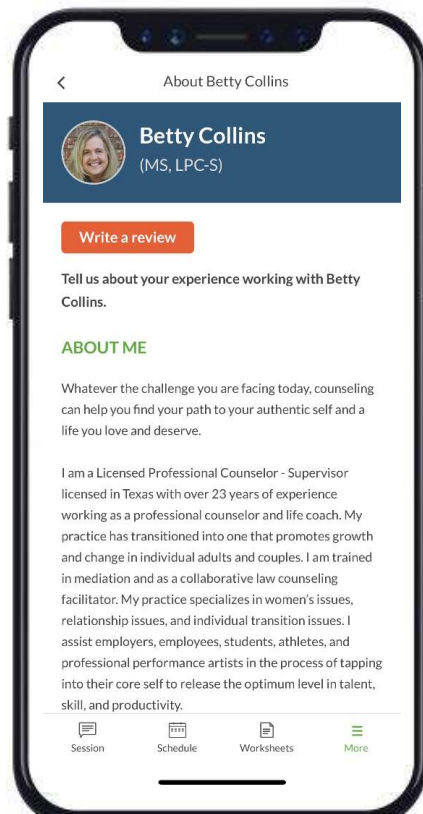


# Virtual Therapy Experience

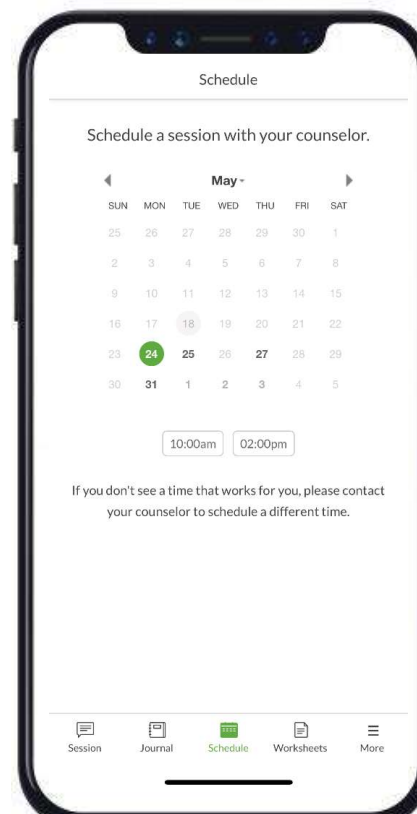
Select Counselor Preferences



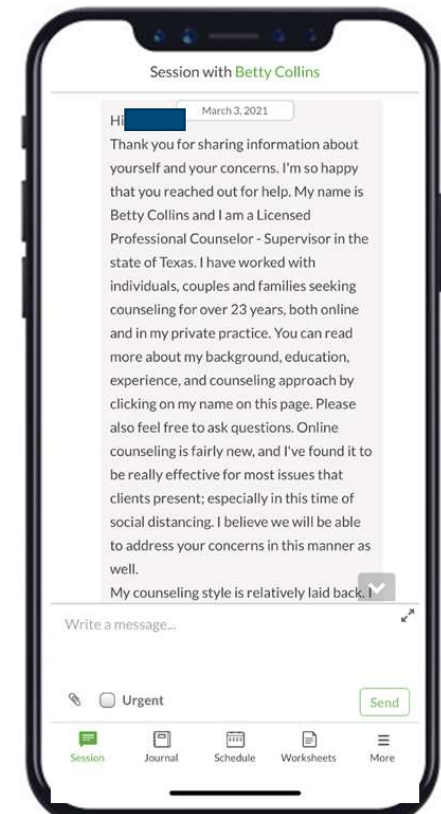
Learn About Your Counselor



Schedule Appointment



Start a Conversation



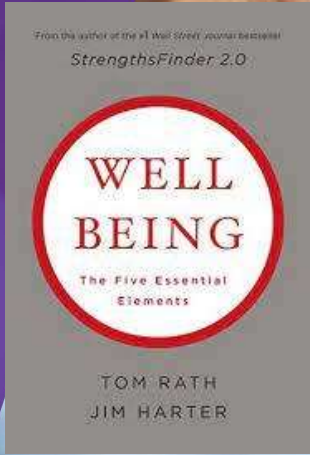
Virtual therapy appointments typically within 24-48 hours: Text, Chat, Video, Phone

# Wellbeing Coaching

FAMILY PROBLEMS. STRESS. MOOD ISSUES.

- ✓ Encourage members to take the Gallup® Wellbeing Survey
- ✓ Trained in CliftonStrengths®
- ✓ Listen and conduct motivational interviewing
- ✓ Identify goals, explore motivations
- ✓ Tap into potential, spot challenges
- ✓ Six confidential sessions per calendar year by phone or video

**96%**  
Satisfaction  
Rating



*Helping members build thriving lives.*

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**Magellan**  
HEALTHCARE.

# Digital Emotional Wellbeing

**GRIEF. LOSS. CHRONIC PAIN. RESILIENCE.**

- ✓ Complete activities such as breathing exercises, meditation, yoga or journaling
- ✓ Track mood, sleep, stress and pain
- ✓ See progress with points and streaks
- ✓ Sync to other trackers such as Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit
- ✓ Address anxiety and depression anytime, anywhere with Magellan's Digital Cognitive Behavioral Therapy Programs
- ✓ Connect with virtual and in-person providers

**80%**

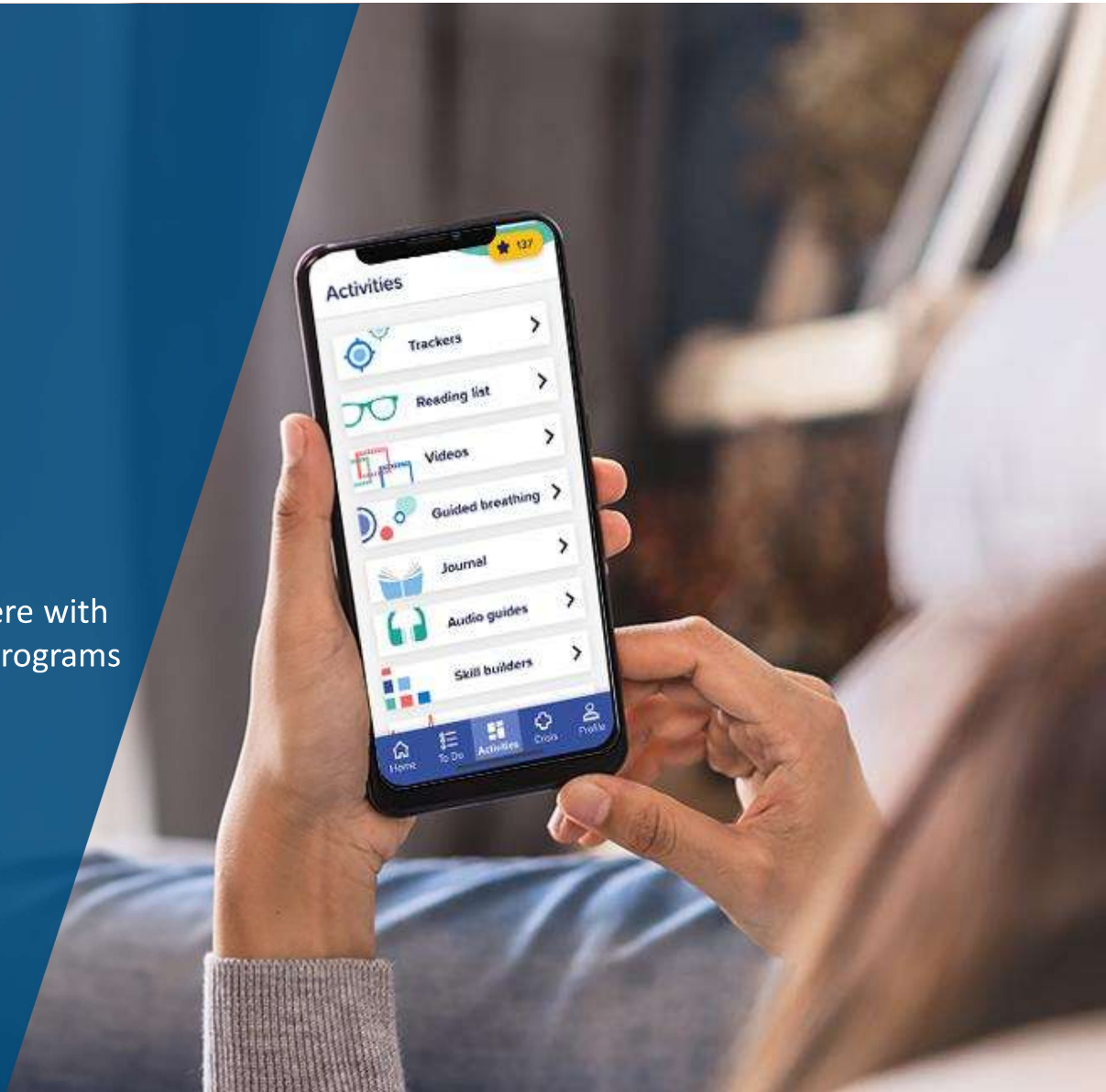
Improved sleep

**72%**

Reduction in  
substance use

**57%**

Reduction in  
symptoms of fear  
and panic



# Life enrichment services

*Guiding members to services that help them with the ups and downs of life*

- ✓ Work-Life Services  
*Support for all life stages*
- ✓ Financial Wellbeing  
*Expert help from a Money Coach*
- ✓ Legal Services  
*Meet with an attorney*
- ✓ ID theft resolution  
*Guidance from a Fraud Resolution Specialist™*
- ✓ Discount center  
*National and local discounts*



# Manager Support

**“Managers are the single most important factor in the engagement and performance of your workplace.”**

~Gallup®



## Manager's Program Guide

- ✓ Engage employees and help them thrive
- ✓ Transform the wellbeing environment
- ✓ Learn how to spot concerns and help employees
- ✓ Manage constructive feedback

## Consultation Support

- ✓ Help to assess and manage challenging situations
- ✓ Guidance on resolving performance issues
- ✓ Resource for improving team dynamics

## Manager campaign

- ✓ Quarterly live webinar and newsletter
- ✓ Topics: Leading a resilient team, Improving team dynamics, Bringing out the best in your team and more.