



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

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:

- *Career*—Liking what you do every day
- *Emotional*—Having a healthy, resilient mind
- *Financial*—Having enough money to meet daily needs
- *Physical*—Having enough energy for daily activities
- *Social*—Having meaningful relationships in your life
- *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— 8 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.

## Life Enrichment Services

Transform your ability to manage day-to-day challenges and major life events. Consult with experts who can help you build financial wellbeing, resolve legal issues, restore credit, find child care and get referrals for home services. Find discounts on hotels, theme parks, groceries and more.

[member.magellanhealthcare.com](https://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 wellbeing journey, and you can connect with experts who will support you along the way.

