

# Not Sure Where to Turn?

We help people solve everyday problems—every day.



## Trusted Solutions to Life's Challenges

From online information to confidential consultations with licensed behavioral health professionals, you and your eligible household members have access to a wealth of practical, solution-focused resources to help you reduce stress, strengthen relationships, increase productivity and improve the overall quality of your life.

## So Much to Do, So Little Time

Life moves fast. These days it seems like everyone is asked to do more in less time and with less help. With all you have to do, it can be hard to focus on everyday matters, let alone issues that are harder to control, such as:

- Changes in your financial situation
- Family or relationship problems
- Overwork or conflicts at work
- Feeling depressed or anxious
- Quitting tobacco, alcohol or drug use
- Caring for children or aging parents
- Losing weight and living healthier

Challenges like these can make life hard. When you're busy, you might not think there's time to find solutions. So, it's important to know that your organization offers a program that can help you solve everyday—and not so everyday—problems confidentially, 24 hours a day, seven days a week.

There's no cost to you and your eligible household members to use this program; however, any costs or copayments beyond this program will be your responsibility.

## Easy Access to Services

Your program is here to provide you and your eligible household members with the right help at the right time. You can quickly get help in a way that works best for you:

- **By Phone**—Call to get consultation and solutions to everyday problems as well as help in a crisis. You will get access to resources or a referral to a professional in your community for confidential help.
- **Online**—Log on to locate counselors in your area. Find targeted information and resources that address your everyday concerns as well as more serious issues. Interactive tools help you discover ways to live a healthy lifestyle.

## Frequently Asked Questions

### Is there a cost for using my Magellan program?

No. Your Magellan program is a prepaid service offered by your employer or organization.

### How many counseling sessions do I have?

Your program includes up to 5 counseling sessions.

### Who can use the services offered through my Magellan program?

Services are available to you and, depending on your program, to your eligible dependents or your household members.

### What if my counselor and I decide I need additional help?

If you need assistance beyond the scope of what your Magellan program provides, you may be referred to other resources such as your health benefits or community resources.



[MagellanHealth.com/member](https://MagellanHealth.com/member)

## *Your program also includes:*

### **Magellan Healthyroads® with PHA**

*Imagine yourself fit, strong and full of energy!*

Your road to good health starts by taking an online Personal Health Assessment. While online, check out Magellan Healthyroads' interactive wellness tools that make getting healthier empowering—and fun, too!

### **Work-Life Services**

*Saving you time and money.*

Experts provide information and pre-screened referrals for prenatal care, adoption, child care, education, retirement, senior care, special needs and more. An exclusive member discount center offers more than 3.5 million discounts.

## Employee Assistance Program

For Professional Consultation

**Call 1-800-523-5668**

For TTY Users: 1-800-456-4006

*Additional information for California residents*—Your services are delivered by a Magellan subsidiary: Magellan Health Services of California—Employer Services and Human Affairs International of California. 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.