



# Your life's journey—made easier

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 a variety of services, resources and tools to help make your life a little easier.

## Key features

- Provided at no cost to you and your household members
- Includes up to 7 counseling sessions
- Completely confidential service provided by a third party

## Counseling

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more. Counseling is confidential and available in-person, by text message, live chat, phone or video conference.

## Lifestyle coaching

Define and reach your goals with the support of a coach. Coaches can help with personal improvement, healthy eating, weight loss and more. Meet with a coach by phone or video for up to six individual, confidential sessions per goal, per year.

## Digital emotional wellbeing program

A proven program for life, mind and body that can help with anxiety, resilience, grief, stress, depression, chronic pain, pregnancy, aging and more. Complete activities to earn points, see your progress and sync to other trackers.

## Financial wellness, Legal services and Identity theft resolution

Meet with experts that can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit; research specific topics and/or print your own state-specific legal forms.

## Tobacco Cessation Program

Quit for good! Create a personalized quit plan and learn how to fight tobacco cravings with the Clickotine mobile app. Access coaching from licensed tobacco cessation specialists and receive 8 weeks of nicotine replacement therapy products (gum, patches or lozenges) shipped to your home.

## Work-Life Services

Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

## Member website

The member website makes it easy for you to explore services, find providers, learn more about emotional health and wellness topics, see what mobile apps are available and more.

**Get started today! Call your Employee Assistance Program (EAP), Compass at 1-800-891-2273 (TTY 711) to be connected with the right resource or professional or visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) to browse all of the services available.**