

If after speaking with one of our clinicians you decide that you would benefit from seeing a counselor face-to-face, you will receive a referral to a provider in your area. We'll encourage you to make an appointment right away to get the support you need.

Living Healthy
Working Well®



Employee Assistance Program

For Professional Consultation

Call 1-800-523-5668

For TTY Users: 1-800-882-7610

9101

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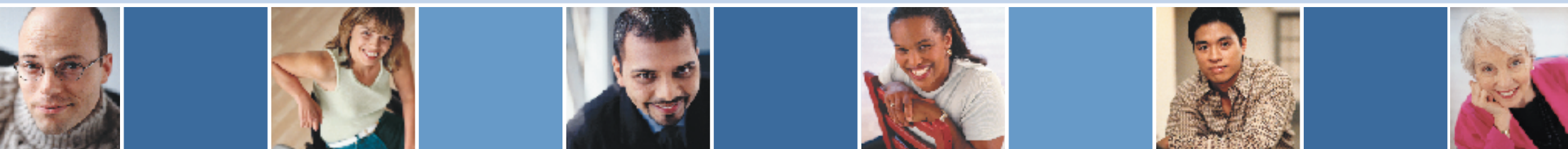
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Everyone needs a little help now and then.

Change can create stress. Routine can create stress. Life is full of challenges and surprises, ups and downs, highs and lows. It's natural to feel sometimes like there's just too much to handle. You're not alone.

Your program can help.

Easy to find, confidential assistance is available every hour of every day. Offered by your employer at no cost to you, services are also available to your spouse, and, depending on your program, other members of your household.

We're here to support you with life's challenges and opportunities.

You can call the toll-free number listed on this brochure any time, day or night, to speak confidentially with a trained, compassionate professional.

We encourage you to visit MagellanHealth.com for information on hundreds of health and wellness topics, including:

- ▣ Stress
- ▣ Family or parenting issues
- ▣ Alcohol or drug dependencies
- ▣ Marital or relationship issues
- ▣ Adjusting to change
- ▣ Self-improvement
- ▣ Child and elder care
- ▣ Pre and postnatal concerns
- ▣ Grief
- ▣ Work/life balance

...And so much more. Your program offers online screening tools, self-assessments and personalized improvement plans to help you better understand and cope with your everyday—and not so everyday—concerns.

Whether you're looking for information on health and wellness topics or you're ready to seek personalized assistance, your program can help.



In California, services are delivered by Magellan's affiliates: Human Affairs International of California, Merit Behavioral Care of California, and Vista Behavioral Health Plans.

Visit MagellanHealth.com

A wide range of online tools, resources and information is just a click away. Visit our member site at MagellanHealth.com to learn about health and wellness issues, personal development and more.

Tear off the attached cards and keep them handy for quick and easy access to your program.

For information, resources, referrals and self-help tools on a wide range of issues, including:

Stress	Family or parenting issues
Alcohol or drug dependencies	Marital or relationship issues
Adjusting to change	Self-improvement
Child and elder care	Pre and postnatal concerns
Grief	Work/life balance

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