

# 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.

## What is wellbeing?

Contrary to what many people believe, wellbeing isn't just about being happy or physically fit. Wellbeing is feeling good about our thoughts, life experiences and things that are important to us. The definition of wellbeing is different for every person.

## Get started with eMbrace

Start your wellbeing journey anytime by completing the Gallup® Wellbeing Survey. The Survey is a series of questions about the quality of your daily life. It should take you about 10 minutes to answer all 61 questions. Most of them are based on questions Gallup® has asked on their global wellbeing survey over the last 50 years and found to be the best signs of wellbeing.

Before taking the survey, you'll need to set up an account on [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com). Once you set up your account, look for the blue box that says "Get your Personalized Plan and Wellbeing Score" and click on the "Take the Survey" button. Plan to take the Survey when you have time to complete it in one session.

## Your Gallup® Wellbeing Survey results

After completing the Survey, you'll receive your results. Your results will include recommendations to improve your wellbeing in six key areas:

- *Emotional*—Having a healthy, resilient mind
- *Career*—Liking what you do every day
- *Social*—Having meaningful relationships in your life
- *Financial*—Having enough money to meet daily needs
- *Physical*—Having enough energy for daily activities
- *Community*—Feeling safe, connected and engaged in your community

You'll also be presented with a link to view your personal plan. When you click on the "View My Plan" button, you'll see a series of activities for each area of wellbeing. You can start doing the activities immediately or come back later—your plan will always be accessible via your dashboard. Your dashboard will also have the top three recommended activities for you every time you log in. When you complete each activity, your plan and dashboard will update.

# eMbrace services

The member website features an array of services, tools and resources. You will benefit from recommendations to improve your wellbeing and be guided to services that can help you build a thriving life, resilient mind and healthy body.

## 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—10 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 with access to experts and online resources to:

- Help you build financial wellbeing: managing student loans, buying a home, paying off debt or planning your retirement
- Resolve legal issues and restore credit from identity theft
- Get referrals for home services and find care for children, adults or pets
- Enjoy discounts on national hotels, theme parks, home repair services, groceries and more

**Visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) to get started. If you have questions, click on the blue "How can we help you today?" button on the right side of the screen, or call 1-800-523-5668 (TTY 711).**

