

Digital emotional wellbeing

Family problems. Personal stress. Physical ailments. National and international crises. Life can take a toll on member wellbeing. How can you help? With Magellan Healthcare's digital emotional wellbeing program, powered by NeuroFlow.

Our program helps individuals take control of their whole health—life, mind and body—through relaxation and mindfulness techniques, strength-building activities, behavior tracking, and wellbeing assessments. And with Magellan's digital cognitive behavioral therapy modules embedded in the experience, they can access evidence-based programs at any time, wherever they are.

- ComfortAble™—for chronic pain
- FearFighter®—for anxiety, panic & phobia
- MoodCalmer—for depression
- **RESTORE®**—for insomnia & other sleep troubles
- SHADE—for substance use disorder

Strong member engagement

80% of registered users complete an initial assessment, and 61% remain engaged after the first month.

- NeuroFlow technology keeps your members engaged in clinically validated activities through proactive nudges, gamification and reward badges.
- Regular, automated check-ins measure user progress, and natural language processing flags concerning text-based entries.
- Flagged users are directed to Magellan's virtual and in-person counselors for more personalized attention.
- Enterprise-level participation and progress reporting shows the engagement and overall wellbeing trends for your organization while keeping individual details confidential.

Results that make a difference

Activities address topics such as goal-setting, loneliness, physical activity and stress. The program tools and DCBTs have helped individuals with ADHD, substance use issues, PTSD, depression, anxiety and other conditions, with impressive outcomes:

57%

reduction in symptoms
of fear and panic¹

52%

reduction in
depression severity²

72%

reduction in
substance use³

80%

of users
improved sleep⁴

If you're looking for a way to positively impact your members, look no further. Magellan's digital emotional wellbeing program is easy to launch, promote and monitor, and we're always adding new content and tools to keep your members coming back for more.

To learn more about how your organization can benefit from Magellan Healthcare's digital emotional wellbeing program, contact us at mhcinfo@magellanhealth.com.

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2. Greist, J. H., Osgood-Hynes, D. J., Baer, L., & Marks, I. M. (2000). Technology-Based Advances in the Management of Depression: Focus on the COPE Program. *Disease Management and Health Outcomes*, 7, 4.
3. Kay-Lambkin, F. J., Baker, A. L., Lewin, T. J., & Carr, V. J. (2009). Computer-based psychological treatment for comorbid depression and problematic alcohol and/or cannabis use: a randomized controlled trial of clinical efficacy. *Addiction*, 104, 3, 378-88.
4. Vincent, N., & Lewy the effectiveness of online treatment for insomnia. *Sleep*, 32, 6, 807-15.