

eMbrace



Coming soon!

A total wellbeing program to help you live your best life

We are pleased to announce eMbrace, a total wellbeing program provided by Magellan Healthcare. eMbrace will empower you with a personalized, guided experience to advance the quality of your life. This program is confidential, available to you and your household members, and driven by a new, industry-leading website.

KEY FEATURES

- ☑ Complete the **Gallup® Wellbeing Survey** and get a personal plan to improve your wellbeing in six key areas: Emotional, Career, Social, Financial, Physical and Community.
- ☑ Transform your day-to-day challenges with **Life Enrichment Services**. Meet with experts who can help you build financial wellbeing, resolve legal issues, restore credit, find child care and get referrals for home services. You'll also get discounts on hotels, theme parks, groceries and more.
- ☑ Strengthen your mind-body connection with the **Digital Emotional Wellbeing Program** by completing activities, tracking mood and sleep and completing digital cognitive behavioral therapy modules.
- ☑ Participate in **Wellbeing Coaching** to define your goals, stay accountable and sustain your success.
- ☑ Meet with a **Counselor** virtually or in person.

Please be on the lookout for more information about eMbrace in the coming weeks.