**eMbrace**

eMbrace is a total wellbeing program that empowers you with a personalized plan that guides you to services, tools and resources to help you build a thriving life.

We have invested in this whole-person approach to wellbeing because we recognize that what makes life worthwhile is a combination of having:

* A healthy, resilient mind
* An appreciation for what you do each day
* Positive relationships
* Financial security
* Physical health
* Safe, vibrant communities

**Key Features**

eMbrace combines best-in-class solutions for life, mind and body delivered through a high-tech, high-touch experience.

Key features and services:

* No cost to you and your household members
* Completely confidential
* Available 24/7/365
* Gallup® Wellbeing Survey to measure wellbeing in six essential areas
* Personal wellbeing plan based on Survey scores
* Digital tools to manage stress, improve mood, sleep better and more
* Magellan's SAMHSA-approved digital cognitive behavioral therapy programs
* Wellbeing coaching
* Counseling – virtual and in-person
* Wellbeing Navigator to help you with multiple complex issues
* Work-Life Services
* Discount Center
* Legal Services
* Financial Wellbeing
* ID Theft Resolution

***Gallup® Wellbeing Survey***

Magellan collaborated with Gallup®, a well-respected research organization focused on total wellbeing and engagement, to develop the science-backed Gallup® Wellbeing Survey. The Survey includes Magellan's proprietary emotional wellbeing element, calculates your net thriving score and give you a personalized plan with services and resources to help you improve in all six areas of wellbeing:

1. Emotional: You have resilience and confidence to respond to uncertainty.
2. Career: You like what you do every day.
3. Social: You have meaningful friendships in your life.
4. Financial: You manage your money well.
5. Physical: You have energy to do the things you want to do.
6. Community: You like and feel safe where you live.

To access the Survey, create an account using your personal email at [Member.MagellanHealthcare.com](https://member.magellanhealthcare.com/?cid=8677).

If you need support call xxPROGRAM PHONE NUMBERxx for assistance.