

# Coming soon!

A total wellbeing program to help you live your best life

eMbrace, provided by Magellan Healthcare, will empower you with a personalized, guided experience. This confidential program is driven by an industry-leading website and available to you and your household members.

- Complete the **Gallup® Wellbeing Survey** and get a personal plan to improve your wellbeing in six areas.
- Transform your day-to-day challenges with **Life Enrichment Services**.
- Meet with a **Counselor** virtually or in person.
- Strengthen your mind-body connection with the **Digital Emotional Wellbeing Program**.
- Participate in **Wellbeing Coaching** to define your goals, stay accountable and sustain your success.

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