

# Digital emotional wellbeing

Family problems. Personal stress. Physical ailments. National crises. Life that happens outside of work can take a toll on employee wellbeing and impact productivity. Magellan Healthcare's digital emotional wellbeing program, powered by NeuroFlow, can help.

Users 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 (DCBT) modules embedded in the experience, they can access evidence-based programs any where, any time.

## Evidence-based engagement

Digital activities address topics such as goal-setting, loneliness, physical activity and stress.

- Members stay engaged in clinically validated activities through proactive nudges, gamification and rewards.
- Regular, automated check-ins measure user progress, and natural language processing flags concerning text-based entries.
- Flagged users are directed to Magellan's counselors for more personalized attention.
- Enterprise-level participation and progress reporting shows engagement and overall wellbeing trends while keeping individual details confidential.

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

## Results that make a difference

The program tools and DCBTs have helped individuals with anxiety, depression, and substance use and sleep disorders, with impressive outcomes:

**57%** reduction in symptoms of fear and panic<sup>1</sup>

**52%** reduction in depression severity<sup>2</sup>

**72%** reduction in substance use<sup>3</sup>

**80%** of users improved sleep<sup>4</sup>

Magellan's digital emotional wellbeing program is integrated into the eMbrace member experience and is often recommended based on Gallup® Wellbeing Survey results. We're always adding new content and tools to keep them coming back for more.



Ready to talk to someone about transforming your employee experience?  
Visit [MagellanHealthcare.com/eMbrace](https://MagellanHealthcare.com/eMbrace) or email [MHCinfo@MagellanHealth.com](mailto:MHCinfo@MagellanHealth.com).

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