

Wellbeing coaching

eMbrace creates a unique, personal experience for each employee. Wellbeing Coaching helps them thrive in all aspects of their lives. Our certified coaches use evidence- and strength-based practices to help your employees define goals, stay accountable and achieve desired outcomes.

Coaching for total wellbeing

- The Gallup® Wellbeing Survey guides employees to coaches with expertise in the six elements of wellbeing: social, emotional, career, financial, physical and community.
- Coaches engage employees by listening and using motivational interviewing to help them identify their strengths, clarify their goals and identify roadblocks.
- Employees are encouraged to take an active role in managing their wellbeing through habit development, behavioral changes and accountability.
- Coaches help employees develop a plan to achieve their goals by using their strengths to sustain the changes moving forward.
- Employees can schedule up to six sessions per calendar year, with the same coach whenever possible.
- Confidential sessions are conducted by phone or video.

Our results speak for themselves

Magellan Healthcare 2021 member survey results

★★★★★ (4.8 / 5)

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|---------------------------|------------------------|
| - Overall Service Quality | - Coach Responsiveness |
| - Achieving Goals | - Resources Provided |
| - Coach Helpfulness | |

Transforming the employee experience

Wellbeing Coaching motivates and empowers employees to feel fulfilled in all aspects of their lives. When they focus on wellbeing in one area, other areas naturally improve as well, and your organization will benefit from their increased confidence, engagement and loyalty.



Ready to talk to someone about transforming your employee experience?
Visit MagellanHealthcare.com/eMbrace or email MHCinfo@MagellanHealth.com.