

Wellbeing Navigator

For employees with complex life concerns

Many employees suffer in silence with challenges related to their emotional, career, social, financial, physical or community wellbeing. Some employees have complex life concerns that include a combination of wellbeing issues, and they struggle to manage them. You can support their success with Magellan's Wellbeing Navigator.

How does a Wellbeing Navigator help employees?

The Wellbeing Navigator provides one-on-one support and guidance for employees and their household members with complex life concerns.

20% of the population's wellbeing is suffering

The Wellbeing Navigator:

- Responds to the initial request within 24 hours
- Takes time to understand their challenges
- Helps them prioritize their needs
- Explains the benefits that can help address their problems
- Connects them to providers and other resources and services
- Schedules appointments as appropriate
- Stays in contact and helps to meet their needs

How does the Wellbeing Navigator benefit employers?

- Identifies employees early in the process and addresses concerns comprehensively
- Reduces costs by connecting employees with the right services at the right time
- Improves outcomes by reducing employee distress
- Ensures effective use of employee benefits
- Increases productivity and reduces absenteeism

Navigator programs help improve health, promote self-efficacy and self-management, increase access to care and improve overall wellbeing and life concerns.¹ Employees build vibrant lives, resilient minds, healthy bodies and are more engaged at work.



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

1. Carter, N., Valaitis, R. K., Lam, A., Feather, J., Nicholl, J., & Cleghorn, L. (2018). Navigation delivery models and roles of navigators in primary care: a scoping literature review. *BMC health services research*, 18(1), 96. <https://doi.org/10.1186/s12913-018-2889-0>