



Digital emotional wellbeing

Take control of your whole health—life, mind and body.

The Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection. Available via the mobile app and your member website, this program provides activities and education for overall wellbeing.

Key features:

- Complete activities such as breathing exercises, meditation or journaling.
- Track mood, sleep, stress and pain.
- Connect to virtual therapy and in-person counselors.*
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

Learn how to cope with and manage the effects of:

- Anxiety and stress
- Attention-Deficit Hyperactivity Disorder
- Chronic pain
- Depression
- Grief and loss
- Sleeplessness
- Substance use disorders

Within the Digital Emotional Wellbeing Program, access enhanced versions of Magellan's award-winning digital cognitive behavioral therapy (DCBT) modules and journeys.



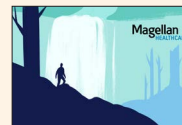
RESTORE -
for insomnia



ComfortAble® -
for chronic pain



SHADE -
for substance use
disorder



FearFighter® -
for anxiety, panic
and phobia



MoodCalmer -
for depression



Visit your Employee Assistance Program member website at Member.MagellanHealthcare.com or scan the QR code to get started.

*Eligibility based on your specific program benefits.