

## Think about this:



1 in 4 adults suffer from some form of depression in their lifetime.<sup>1</sup>



The average person makes 5 decisions per minute. With over 1,000 minutes in one day, that means we make over 5,000 decisions each day.<sup>2</sup>



It is estimated that more than 30% of Americans are taking care of someone who is sick, disabled or aged in their family.<sup>2</sup>

**Finding balance, overcoming stress and facing life's challenges can sometimes be harder than we think. Your program's there to help you through it all. We can help you make the most of your day and your life.**

## Step into action

It's quick and easy. You can access your program's tools and resources in many ways. And remember your program is confidential, available to you at no cost, any time, day or night. Visit us online or call us:



Call your program's toll-free number to speak with a professional.



Visit [MagellanHealth.com/member](http://MagellanHealth.com/member) for online tools, articles, resources and more.

We will connect you with the right resources or professional to help you with your questions, challenges, or needs. No situation is too big or too small. We are here for you and can help you find the tools and information you can use to meet your needs.

Important: Can you read this? If not, we can have somebody help you read it. For free help, please call your toll-free number. Importante: ¿Puede leer esta carta? Si no, alguien le puede ayudar a leerla. Además, es posible que reciba esta carta escrita en Español. Para obtener ayuda gratuita, llame a su numero gratuito.

In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California—Employer Services and Human Affairs International of California.

# Focus on you

Providing you with the right tools, wherever you are in life



1. National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)  
2. AARP, Life is about choices. So what's yours? 2011  
<http://blog.aarp.org/2011/07/29/life-is-all-about-choices/>





# Finding a moment to catch up or even just to catch your breath can be difficult.

## A confidential & important resource

### Employee Assistance Program

Your program provides useful tools and resources that can help make the most out of your day or guide you through a difficult time. All confidential and at no cost to you. Some of the topics we can help with include:

- **Resiliency**—Overcoming stress and crisis at home and at work.
- **Emotional wellness**—Addiction, depression, anxiety, and other mental disorders.
- **Workplace success**—Career goals, team conflict, crisis, management support.
- **Wellness and balance**—Work-life balance, stress, relaxation, personal well-being.
- **Personal and family goals**—Relationship, children and teen or aging loved ones. Changes in finances or personal situations.

From simple questions like which child or elder care facility might be best for your family, to more difficult issues like finding support after the loss of a loved one, your program is there to work with you and offer suggestions, options and information.

## Additional resources & information

### Health and Wellness Program

Our program makes it easy to bring healthy habits into your busy life. You can set daily goals and track progress online, via mobile app and through integration with fitness trackers. You can even get help and motivation from health coaches and peers.

### Legal & Financial Consultation

Your program offers you quick and confidential access to help with legal or financial questions and services you may need. Legal and financial experts are available to help with any questions you may have, or access the online library for helpful tools and resources.

### Work-life Services

You have access to tools, resources and experts who can help with many of the day-to-day things that can happen in life. You also have access to the LifeMart® discount center which offers valuable discounts on things such as travel, clothing, restaurants, and more.

*"It's about focusing on what matters. Your program is there to help at every turn."*

