Life is a journey, not a destination

Employee Assistance Program

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. From checking off daily tasks to working on more complex issues, your program offers you and your household members a variety of resources, tools and services to help make your life a little easier.

- Build your resiliency by attending a webinar
- Tackle a personal issue by using a self-paced app
- Accomplish a goal with the help of a coach

Key features

- Provided at no cost to you and your household members
- Completely confidential service provided by a third party
- Available 24/7/365

Getting the help you need, when you need it, can result in you leading a happier, more productive life.

Coaching

Your coach will:

- Meet with you by phone or video conference
- Create a clear cut plan of action to help you meet your goals
- Provide resources, assist with problem-solving, follow-up and accountability

Counseling

Access a nationwide network of licensed professionals for support with challenges such as stress, anxiety, grief, substance misuse, relationships concerns and more. Meet with your counselor in-person or by video conference (if available).

Online programs

Self-guided programs can help improve your health and overall emotional well-being if you're struggling with depression, anxiety, insomnia, chronic pain, substance misuse or an obsessive compulsive disorder. The programs are easily accessible and proven effective.

Legal assistance, financial coaching & identity theft resolution

Expert consultation to help with your legal, financial and identity theft needs. Access a free online library with resources for identity theft resolution, budgeting, debt management, family law, wills and more.

Work-life services

Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

Senior care management

Caregiving can be demanding physically, emotionally and financially. This service will help assess and recommend the right care for your household member. Services include in-home assessments, facility reviews, post-hospitalization assessments and ongoing care coordination.

Employee Assistance Program
1-866-580-9046

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Detach and keep a card with your other important cards so it's easy to find. Give the other one to a household member for easy reference.

Your life's journey— made easier

Get started today

Your program is here to help you along the journey of life. No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.

Give us a call
We will assess your individual situation and connect you with the right resource or professional to address your challenges, questions or needs.

Check out our website
Learn more about all of the services available to you and your household members at MagellanAscend.com.

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 gratituo.

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

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Magellan HEALTHCARE SM

"Life is a journey with problems to solve, lessons to learn, but most of all experiences to enjoy."

— RITU GHATOUREY

Life is full of peaks and valleys, and your program provides comprehensive, confidential assistance to you and your household members during good times and bad, all at no cost to you.

Your life's journey—made easier

Visit MagellanAscend.com or call anytime to get help with topics such as:

- Emotional wellness
- Family & relationships
- Grief & loss
- Stress & balance
- Workplace support
- Daily life solutions

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