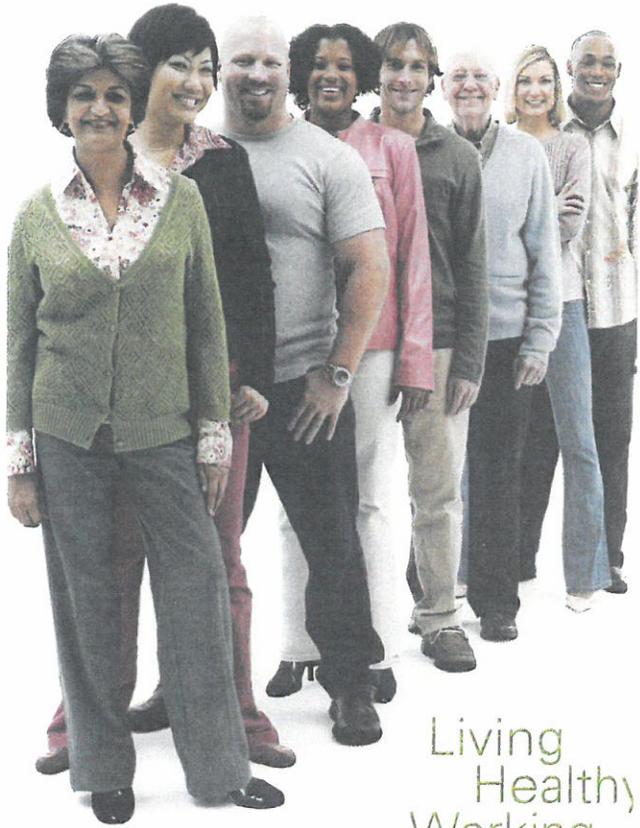


If after speaking with one of our clinicians you decide that you would benefit from seeing a counselor face-to-face, you will receive a referral to a provider in your area. We'll encourage you to make an appointment right away to get the support you need.



Living
Healthy
Working
Well®

Employee Assistance Program
For Professional Consultation
Call 1-800-523-5668
For TTY Users: 1-800-882-7610

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Everyone needs help from time to time.

It's often the predictable events and transitions in our lives—things like starting a new career, marriage, the birth of a child, or buying a house—that find us feeling unprepared to cope.

Whether you're looking for information on health and wellness topics or you're ready to seek personalized assistance, your program can help. Your program offers brief, solution-focused resources for all types of life issues.

Easy access to services

Easy to find, confidential assistance is available every hour of every day. This program is offered by your employer at no cost to you and, depending on your program, to your spouse and other members of your household.

Visit us online or call the toll-free number in this brochure for information,



resources, referrals and support on a wide range of issues. Our professional staff can explain your program, help you assess your needs and direct you to the appropriate services.

"My program is always there for me, whether I need help with my kids or a new perspective on how to advance in my career."

Visit us online today

Visit www.MagellanHealth.com/member for information on hundreds of topics, including:

- Health and wellness
- Child and elder care
- Family or parenting issues
- Work/life balance
- Marital or relationship issues
- Pre and postnatal concerns
- Grief and loss
- Depression and anxiety
- Stress
- Alcohol or drug dependencies

... And so much more. MagellanHealth.com/member offers screening tools, self-assessments and personalized improvement plans to help you better understand and cope with your everyday—and not so everyday—concerns.

Your program is here to support you through life's challenges and life's opportunities.



Getting Better All the Time™

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

"It's time I made some changes in my life—to live life more fully."



Tear off the attached cards and keep them handy for quick and easy access to your program.

For information, resources and self-help tools on a wide range of issues, including:

- | | |
|--------------------------------|----------------------------|
| Health and wellness | Pre and postnatal concerns |
| Child and elder care | Grief and loss |
| Family or parenting issues | Depression and anxiety |
| Work/life balance | Stress |
| Marital or relationship issues | Alcohol or drug dependence |

Visit MagellanHealth.com/member or call

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