

Your life's journey— made easier



Start your wellbeing journey today.

We are here to help you and your household members navigate the ups and downs of life. All of our support is free and completely confidential, so you can feel comfortable sharing your concerns with us anytime, day or night.

Visit us online

Get the most out of your program by reviewing the services in one place.



Scan the QR code and select your employer to access your benefits today.

Give us a call

We will listen and connect you with the right resource or professional for your needs.

Please call your toll-free number if you have any issues reading this information or if it is unclear. Magellan can also provide accommodations for members with issues communicating via these methods.

Llame a nuestro número telefónico gratuito si tiene alguna inquietud al leer esta información o si algo no está claro. Magellan también puede proporcionar adaptaciones para miembros con problemas para comunicarse a través de estos métodos.

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

Magellan
HEALTHCARE®

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B-B1022Erev1 (9/23)

We're here to help.

Visit us online

Check out the benefits guide to see all the services in one place.

- Find a counselor
- Schedule a coaching session
- Research wellbeing topics

Give us a call

Follow the voice prompts to be connected to the right resource.

- Work-Life benefits
- Financial/Legal/ID Theft services
- Speak to a live person who will listen and recommend services and next steps.

Free, confidential support for you and your household members 24/7/365.

Visit the member website and find resources to support your wellbeing.

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

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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.

Support for your life's journey

DON CEAP

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
- Strengthen your mind-body connection through activities and education for overall wellbeing
- Accomplish a goal with the help of a coach

Key Features

- Includes up to 6 counseling sessions
- Provided at no cost to you and your household members
- Completely confidential service provided by a third party
- Available 24/7/365

Get Started

Explore services, find providers, learn more about emotional health and wellbeing topics, access mobile apps and more.

- Visit MagellanAscend.com
- Call 1-844-DON-CEAP (TTY 711)

Counseling

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more. Counseling is confidential and available in-person, by text message, live chat, phone or video conference.

Lifestyle Coaching

Define and reach your goals with the support of a coach. Coaches can help with personal improvement, healthy eating, weight loss and more. Meet with a coach by phone or video for up to six individual, confidential sessions per year.

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.

Lifemart® Discount Center

Access hundreds of deals on nationally recognized brand-name products and services, all in one convenient location.

Financial Wellness, Legal Services and Identity Theft Resolution

Meet with experts that can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit; research specific topics and/or print your own state-specific legal forms.

Senior Care Management

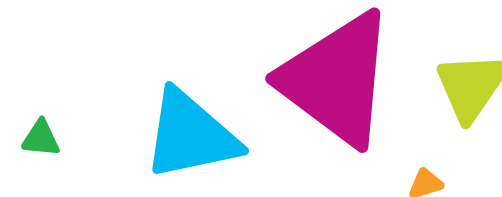
Caregiving can be demanding physically, emotionally and financially. This service will help assess and recommend the right care for your household member. Services include in-home assessments, facility reviews, post-hospitalization assessments and ongoing care coordination.

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.

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