

Money issues on your mind?

Financial difficulties are a common cause of stress, anxiety, sleeping difficulties and low energy levels.



Contact your program for free and confidential assistance today.

Money Coaches can help you become more confident about your finances, learn strategies to build a budget, avoid or reduce debt and more.

The **Digital Emotional Wellbeing Program** includes Digital Cognitive Behavioral Therapy (DCBT) modules to improve sleep and manage anxiety.

The **Discount Center** features coupons and offers to save on everyday expenses like groceries, clothing, prescriptions, and pet supplies.



Scan the QR code to visit MagellanAscend.com and select your employer to access your benefits or call your DON CEAP at 1-844-DON-CEAP (TTY 711) to get started.

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HEALTHCARE®