Living Healthy Working Well®

Living your healthiest, most productive and fulfilling life is within your control. We’re here to provide the support and the resources to help you live life—better! Click or call now, and you’re on your way to living the life you want to live.

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

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 número gratuito.

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A Wealth of Practical, Solution-Focused Resources

Your program has the resources and the experience to help you bring things back into balance.

From online resources to confidential telephonic consultations to referrals and licensed behavioral health professionals, we’re here to help you make the changes necessary to reduce stress, strengthen relationships, increase productivity and improve the overall quality of your life.

Here are just a few of the challenges where your program can help:

- Managing stress
- Handling relationship issues
- Balancing work and life
- Quitting tobacco, alcohol or drug use
- Caring for children or aging parents
- Exploring career development options
- Dealing with conflict or violence
- Working through grief and loss issues
- Controlling depression and anxiety

Visit www.MagellanHealth.com/member or call today for information, referrals and support on topics such as:

- Family
- Work-Life balance
- Stress
- Health and wellness
- Relationship issues
- Grief and loss
- Depression and anxiety
- Alcohol or drug concerns

“Help balancing work demands and family time? What does my program offer?”

“Stressed? Are you kidding? Can my program help?”

Tear off the attached cards and keep them handy for quick and easy access to your program’s information, resources and online tools!