



Focus on you

Providing you with the right tools,
wherever you are in life

Your program provides useful tools
and resources that can help make the
most out of your day or guide you
through a difficult time. All confidential
and at no cost to you.

**Call today or log on to
MagellanHealth.com/member.**



COX HEALTHPLANS

Employee Assistance Program
For Professional Consultation
Call 1-800-269-6014



MagellanHealth.com/member

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Magellan
HEALTHCARESM



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From simple questions like quick ways to de-stress or how to find more time in your schedule, to more difficult issues like finding support after the loss of a loved one, your program is there to work with you and offer suggestions, options and information.

A Confidential & Important Resource

Your program provides useful tools and resources that can help make the most out of your day or guide you through a difficult time. All confidential and at no cost to you. Some of the topics we can help with include:

- **Resiliency**—overcoming stress and crisis at home and at work.
- **Emotional Wellness**—addiction, depression, anxiety and assistance with other emotional wellness issues.
- **Workplace success**—career goals, team conflict, crisis, management support.
- **Wellness and balance**—work-life balance, stress, relaxation, personal well-being.
- **Personal and family goals**—relationship, children and teen or aging loved ones. Changes in finances or personal situations.

Your program includes up to 5 counseling sessions for you and your eligible dependents or household members at no cost to you.

Step into Action

It's quick and easy. You can access your program's tools and resources in many ways. And remember its completely confidential. We will connect you with the right resources or professionals to help you with your questions, challenges or needs. No situation is too big or too small.



Call your program's toll-free number to speak with a professional.



Visit MagellanHealth.com/member for online tools, articles, resources and more.

Additional Resources and Information

Magellan Providers and Counselors

Magellan has a national network with thousands of licensed professionals to address personal or family issues, substance abuse, anger management and other emotional health problems that impact health, well-being and job performance.

What our members say:

“Stressed, overwhelmed and embarrassed I was struggling with the demands of my life. After receiving guidance, I have learned how to find balance and deal with the things I can control. I feel much stronger and healthier because of calling my program.”



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