

Employee Assistance Program
1-800-327-1393

For TTY Users: 1-800-882-7610

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Living Healthy
Working Well®



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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B-C30E



It's Your Life

We can help you live it—better!

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MagellanHealth.com/member

It's All About Balance

We know that living a productive and fulfilling life requires a healthy mind and a healthy body. Unfortunately, managing the daily stresses of work, home and family can have a negative effect on our overall health and well-being. For many of us, life is quite simply "out of balance," leaving us feeling overwhelmed and stressed-out. Your program can help.

Some stress can motivate us to achieve things we never thought possible. But too much stress over a long period of time can cause us to do things we normally wouldn't do. It can negatively affect personal and professional relationships, make us feel overwhelmed, lose hope and can lead to more serious issues, including depression, anxiety and substance abuse.

"Stressed? Are you kidding? Can my program help?"



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

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

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

