



# Digital emotional wellbeing

Take control of your whole health—life, mind and body.

Magellan Healthcare's Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection through interactive activities and education for overall wellbeing. Available via mobile app and your member website, this program can help you in a variety of areas.

**Key features:**

- Complete activities such as breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Connect to virtual therapy and in-person counselors.\*
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

**This program can help you cope with and manage the effects of:**

- Aging
- Anxiety
- Attention-Deficit Hyperactivity Disorder
- Balancing emotions
- Caregiving
- Chronic pain
- Depression
- Goal setting
- Grief and loss
- Mindfulness and meditation
- Post-traumatic stress disorder
- Resilience
- Sleep
- Stress
- Substance use disorders



Visit your eMbrace program member website at [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or scan the QR code to get started.

*\*Eligibility based on your specific program benefits.*