



# PERSONAL RESILIENCY PROGRAM

PROVIDING YOU WITH THE RIGHT SUPPORT TO TAKE ON LIFE'S CHALLENGES WITH EASE.

## YOUR LIFE'S JOURNEY – MADE BETTER!

At every stage of life and throughout our career, we face unexpected challenges and events – both at home and at work – that are stressful and can feel overwhelming. To help you address these circumstances with strength and peace of mind, we are proud to offer the Personal Resiliency Program through Magellan Healthcare.

The Personal Resiliency Program provides you and your eligible household members with a comprehensive, no-cost, confidential support service, available 24/7/365. Magellan has an international network of thousands of licensed behavioral health, legal and financial professionals who are available to help you address personal or family issues that impact health, well-being and job performance.

## NO SITUATION IS TOO BIG OR TOO SMALL

Whether you are having trouble sleeping, seeking quick ways to de-stress, struggling to live within your budget, overwhelmed with a home renovation project, or going through a major life change – like a divorce or the birth of a new child, the Personal Resiliency Program is here to help!

You can rely on the program to support you with the following topics and more:

- > **Resiliency** – overcoming stress and crisis, at home and at work
- > **Emotional Wellness** – addiction, depression, grief, anger management, anxiety and other emotional wellness issues
- > **Workplace Success** – career goals, team conflict, crisis, management support
- > **Wellness and Balance** – work-life balance, stress management, relaxation, personal well-being
- > **Personal and Family Goals** – relationships, children or aging loved ones; changes in finances or personal situations

## COACHING, CONCIERGE & COUNSELING SERVICES – AVAILABLE WHEN AND WHERE YOU NEED THEM

The Personal Resiliency Program offers you the “Three C’s” of support: Coaching, Concierge and Counseling Services to address both immediate and longer-term personal issues:

- > **Personalized Coaching** – helps you create action plans, learn problem-solving skills and keep yourself accountable. Meet with a coach by video teleconference and/or over the phone on a regular basis until you achieve your set goal.
- > **Concierge Support** – provides you with a telephonic personal shopping assistant. With just one call, you can access a team of professionals dedicated to researching community resources for you when you need assistance. Get home improvement recommendations, find emergency child care services, discover aging adult care support and much more.
- > **Counseling Services** – supports you through life’s major changes, like divorce, child birth or sudden loss. When you’re ready, call the program and take advantage of a network of licensed behavioral health professionals, as well as legal and financial experts, who are ready and waiting to give you the personalized guidance you need to get back on track.

## GET STARTED TODAY

It’s quick and easy to get the support you need. You can access the program’s tools and resources by phone or online. And remember, it’s completely confidential.

### PERSONAL RESILIENCY PROGRAM

**Phone:** Call **1-800-424-4268** for a professional consultation

**Website:** Visit **[www.magellanascend.com](http://www.magellanascend.com)** to access support tools and resources