

# Life is a journey, not a destination

## Personal Resiliency Program

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. From checking off daily tasks to working on more complex issues, your program offers you and your household members a variety of resources, tools and services to help make your life a little easier.

- Build your resiliency by attending a webinar
- Tackle a personal issue by using a self-paced app
- Accomplish a goal with the help of a coach

## Key features

- Provided at no cost to you and your household members
- Completely confidential service provided by a third party
- Available 24/7/365

Getting the help you need, when you need it, can result in you leading a happier, more productive life.

## Coaching

Your coach will:

- Meet with you by phone or video conference
- Create a clear cut plan of action to help you meet your goals
- Provide resources, assist with problem-solving, follow-up and accountability

## Counseling

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more. Counseling is confidential and available in-person, by text message, live chat, phone or video conference.

## Digital emotional wellness tools

Proven programs that help you manage anxiety, stress, depression, pain, sleep, alcohol, drug and nicotine misuse or recovery and more. Personalized and self-directed in-app coaching, articles, activities and videos will help you live your best life.

## Legal assistance, financial coaching & identity theft resolution

Expert consultation to help with your legal, financial and identity theft needs. Access a free online library with resources for identity theft resolution, budgeting, debt management, family law, wills and more.

## Work-Life Services

Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

## Resiliency

Being resilient generally means you're able to adapt to hard times, to challenges, and to other sorts of adversity in life. Fortunately, you can develop skills to become more resilient and your program provides many resources to help you on your journey.



GoodLife

Personal Resiliency Program  
800-424-4268 (TTY 711)



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Detach and keep a card with your other important cards so it's easy to find. Give the other one to a household member for easy reference.



# Your life's journey— made easier



## Get started today

Your program is here to help you along the journey of life. No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.



### Give us a call

We will assess your individual situation and connect you with the right resource or professional to address your challenges, questions or needs.



### Visit us online

Learn more about all of the services available to you and your household members at [MagellanAscend.com](https://MagellanAscend.com).

*Please call your toll-free number if you have any issues reading this information or if it is unclear. Magellan can also provide accommodations for members with issues communicating via these methods.*

*Llame a nuestro número telefónico gratuito si tiene alguna inquietud al leer esta información o si algo no está claro. Magellan también puede proporcionar adaptaciones para miembros con problemas para comunicarse a través de estos métodos.*

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

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HEALTHCARE®

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B-B1019rev3 (1/20)

*“Life is a journey with problems to solve, lessons to learn, but most of all experiences to enjoy.”*

— RITU GHATOUREY

Life is full of peaks and valleys, and your program provides comprehensive, confidential assistance to you and your household members during good times and bad, all at no cost to you.

Your life's journey—made easier

Visit [MagellanAscend.com](https://MagellanAscend.com) or call anytime to get help with topics such as:

- Emotional wellness
- Family & relationships
- Grief & loss
- Stress & balance
- Workplace support
- Daily life solutions

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