



# Digital emotional wellbeing

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

The Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection. Available via the mobile app and your member website, this program provides activities and education for overall wellbeing.

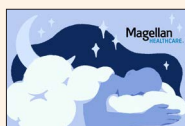
## Key features:

- Complete activities such as breathing exercises, meditation or journaling.
- Track mood, sleep, stress and pain.
- Connect to virtual therapy and in-person counselors.\*
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

## Learn how to cope with and manage the effects of:

- Anxiety and stress
- Attention-Deficit Hyperactivity Disorder
- Chronic pain
- Depression
- Grief and loss
- Sleeplessness
- Substance use disorders

**Within the Digital Emotional Wellbeing Program, access enhanced versions of Magellan's award-winning digital cognitive behavioral therapy (DCBT) modules and journeys.**



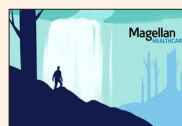
**RESTORE** -  
for insomnia



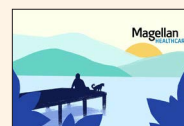
**ComfortAble®** -  
for chronic pain



**SHADE** -  
for substance use  
disorder



**FearFighter®** -  
for anxiety, panic  
and phobia



**MoodCalmer** -  
for depression



Visit your Employee Assistance 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.*