

Your life's journey—made easier

No matter where you are on your journey, there are times when a little help can go a long way. Whether you are ticking off daily tasks or working on more complex topics, your program offers you and your household members a variety of no cost, confidential resources, tools and services that are available 24/7/365.

Key features

- Provided at no cost
- Includes up to 5 counseling sessions
- Confidential service provided by a third party

Counseling

Counselors can help with anxiety, grief, depression, relationships and more. They are available in-person, by text message, live chat, phone or video.

Lifestyle coaching

You define the changes you want to make, whether personal or professional, and your coach helps you develop an action-based solution and remain accountable. Coaches are available by phone or video.

Self-care programs

Digital emotional wellness tools with in-app coaching can help you reduce stress, build resilience and improve sleep. The programs are personalized, interactive and include over thirty life themes.

Financial wellness, Legal services and Identity theft resolution

These services provide you with access to experts who can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit or use online financial management tools and print your own state-specific legal forms.

Work-Life Web Services

Save time and money on life's most important needs. Access webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges for parents and seniors. Topics include: child and elder care, education, parenting and more.

Workplace stress

Numerous studies show that job stress is a major source of stress for American adults. Causes of stress include workload, relationships and juggling work and personal issues. Your program offers many resources to help you better manage your stress.

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.

Get started today

Call your Employee Assistance Program at 1-800-356-7089 (TTY 711) to be connected with the right resource or professional or visit MagellanAscend.com to browse all of the services available.