

# 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. From checking off daily tasks to working on more complex issues, your program offers a variety of resources, tools and services available to you and your household members.

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.

## Key features

- Provided at no cost
- Includes up to 3 counseling sessions
- Confidential service provided by a third party
- Available 24/7/365



## Core services

*Counseling*—Help for challenges such as anxiety, grief, depression, relationships and more. Meet with a counselor in-person, by text message, live chat, phone or video.

*Coaching*—Set, define and reach your goals with the help of a coach. Receive individualized support to handle work stress, parenting, weight loss and more.

*Online programs*—Self-guided, interactive programs help improve your emotional well-being.

## Here's how to get started

-  Give us a call and we will connect you with the right resource or professional.
-  Visit [MagellanAscend.com](https://MagellanAscend.com) to browse all of the services available.

## 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.

## Smoking cessation

You may have tried to quit in the past without success. Now, you can quit using an innovative mobile app. Designed with clinically-driven technology, the app helps you create and stick to a quit plan and overcome nicotine cravings. Get the boost you need to quit for good.

## 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.

## Employee Assistance Program

Up to 3 in-person sessions per concern

**1-800-356-7089**

TTY Users: 1-800-456-4006

To access [MagellanAscend.com](https://MagellanAscend.com), enter  
company name