

# 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 toward achieving your goals. From checking off daily tasks to working on more complex issues, your program offers a variety of services, resources and tools to help make your life a little easier.

## Key features

- Provided at no cost to you and your household members
- Includes up to 10 counseling sessions
- Completely confidential service provided by a third party

## 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.

## Lifestyle coaching

Define and reach your goals with the support of a coach. Coaches can help with personal improvement, healthy eating, weight loss and more. Coaches are available by phone or video.

## Digital emotional wellness tools

Take advantage of proven programs to help manage anxiety, stress, depression, pain, sleep, substance misuse or recovery and more. Personalized and interactive with self-directed activities, uplifting stories, videos and daily inspiration help you live your best life.

## LifeMart® discount center

Save money on nationally recognized brand-name products and services, all in one convenient location. Find discounts on consumer goods, travel, child and elder care, fitness centers, movie tickets and more.

## Work-Life web services

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

## Financial wellness, Legal services and Identity theft resolution

Meet with experts that can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit; research specific topics and/or print your own state-specific legal forms.

## Member website

Learn more about the services and resources available through your program. The member website makes it easy for you to explore services, find providers, learn more about emotional health and wellness topics, see what mobile apps are available and more.

**Get started today! Call your Employee Assistance Program at 1-800-327-2955 (TTY 711) to be connected with the right resource or professional or visit [MagellanAscend.com](https://MagellanAscend.com) to browse all of the services available.**