Visit MagellanAscend.com or call anytime to get help with topics such as: Emotional wellness Stress & balance Family & relationships Workplace support Orief & loss Daily life solutions

Your life's journey—made easier

Your life's journey

made easie

om or call anytime to get help

Stress & balance

Workplace support

Daily life solutions

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.

"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.

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. You can call us at 1-800-234-1327 or 1-800-456-4006 (TTY).



Visit us online

Learn more about all of the services available to you and your household members at 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.

©2020 Magellan Health, Inc. B-FAA10 (1/20)





Life is a journey, not a destination

Federal Aviation Administration WorkLife Solutions

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.

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.

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.

Senior care management

Caregiving can be demanding physically, emotionally and financially. This service will help assess and recommend the right care for your household member. Services include in-home assessments, facility reviews, post-hospitalization assessments and ongoing care coordination.

Your coach will:

- Provide resources, assist with problemsolving, follow-up and accountability

Online programs

Self-guided programs can help improve your insomnia, chronic pain, substance misuse or an

Life management 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.

Federal Aviation Administration

Federal Aviation Administration

MagellanAscend.com

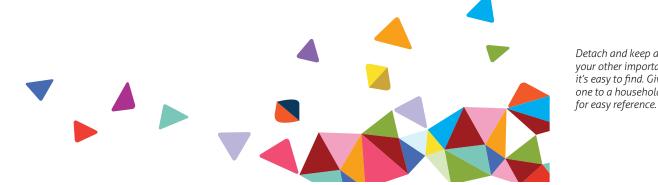
1-800-234-1327

1-800-234-1327

MagellanAscend.com

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





Coaching

• Meet with you by phone or video conference

• Create a clear cut plan of action to help you meet your goals

health and overall emotional well-being if you're struggling with depression, anxiety, obsessive compulsive disorder. The programs are easily accessible and proven effective.