



MagellanHealth.com/member

As part of your program benefits, you and your family can log on to www.MagellanHealth.com/member for online employee assistance and information on a variety of personal, family and work-related concerns.

Online Library Puts You In Control

Magellan's vast online library puts information at your fingertips. Go to **Library & Resources** to find articles, self-assessments and self-help programs on a wide range of topics including family, mental health, personal development, life management issues and more.

Interactive topics include:

- Stress management
- Work/life balance
- Relationships
- Depression
- Anxiety
- Substance abuse
- Communication
- And many more

Calculators Help You Get—and Stay—Fit

MagellanHealth.com can help you reach your fitness goals with these online tools:

- Body mass index calculator
- Calorie burner counter
- Nutrition needs calculator
- Target heart rate calculator

Learn About The Medicine You're Taking

The **Medical Information Center** available on MagellanHealth.com features a **Medical Interaction Database** where you can find out about possible drug interactions and side effects. Also check out the latest FDA alerts and drug recalls.

Get Program Referrals, Privately and Confidentially

It's easy to get the names of program **providers** online 24 hours a day, from wherever you are. Use **Provider Search** to search for a provider by name or zip code and target providers with the specialties you're looking for. **MapQuest**[®] gives you easy to follow directions to the provider's office.

Visit Online Today

Whether you're looking for information on a specific topic or just want to browse through our extensive library, there's always a new reason to go to online. Visit www.MagellanHealth.com/member.

"I feel like I need 28 hours a day to get everything done. Sometimes the stress is overwhelming."

"This time I want my diet and fitness program to work. How can I stay on track?"

"Is it ok to take my new prescription with my allergy medicine?"

"I've never felt so low and it's affecting my work and home life. I think I should talk to someone."



Employee Assistance Program
1-800-808-2261