

# EMPLOYEE ASSISTANCE PROGRAM

## DIGITAL EMOTIONAL WELL-BEING

Take control of your whole health—life, mind and body.

Magellan Healthcare's Digital Emotional Well-being program, powered by NeuroFlow, helps strengthen your mind-body connection through interactive activities and education for overall well-being. Available via mobile app and your member website, this program can help you in a variety of areas.

### Key features

- Complete activities such as breathing exercises, meditation, yoga, or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Connect to virtual therapy and in-person counselors.
- Sync with other trackers like Fitbit, Garmin, and MyFitnessPal through Apple Health or Google Fit.

### This program can help you cope with and manage the effects of:

- Aging
- Anxiety
- Attention-Deficit Hyperactivity Disorder
- Balancing emotions
- Caregiving
- Chronic pain
- Depression
- Goal setting
- Grief and loss
- Mindfulness and meditation
- Post-traumatic stress disorder
- Resilience
- Sleep
- Stress
- Substance use disorders

Visit [eap.calhr.ca.gov](https://eap.calhr.ca.gov) or scan the QR code to get started.

