



## It's All About Balance

We know that living a productive and fulfilling life requires a healthy mind and a healthy body. Unfortunately, managing the daily stresses of work, home and family can have a negative effect on our overall health and well-being. For many of us, life is quite simply "out of balance," leaving us feeling overwhelmed and stressed-out. Your program can help.

Some stress can motivate us to achieve things we never thought possible. But too much stress over a long period of time can cause us to do things we normally wouldn't do. It can negatively affect personal and professional relationships, make us feel overwhelmed, lose hope and can lead to more serious issues, including depression, anxiety and substance abuse.

## A Wealth of Practical, Solution-Focused Resources

Your program has the resources and the experience to help you bring things back into balance.

From online resources to confidential telephonic consultations to referrals and licensed behavioral health professionals, we're here to help you make the changes necessary to reduce stress, strengthen relationships, increase productivity and improve the overall quality of your life.

Here are just a few of the challenges where your program can help:

- Managing stress
- Handling relationship issues
- Balancing work and life
- Quitting tobacco, alcohol or drug use

- Caring for children or aging parents
- Exploring career development options
- Dealing with conflict or violence
- Working through grief and loss issues
- Controlling depression and anxiety

## Living Healthy Working Well®

Living your healthiest, most productive and fulfilling life is within your control. We're here to provide the support and the resources to help you live life—better! Click or call now, and you're on your way to living the life you want to live.

Through your Magellan program, you also have access to the following:

- Qualified child and elder care referrals
- Adoption information and resources
- Legal consultation
- Financial services consultation

## VACE Employee Assistance Program 1-800-424-8223

Available January 2012

[www.MagellanHealth.com/member](http://www.MagellanHealth.com/member)

### Additional information for California residents:

Your services are delivered by Magellan a subsidiary: Magellan Health Services of California—Employer Services and Human Affairs International of California. **Important:** Can you read this? If not, we can have somebody help you read it. For free help, please call your toll-free number. **Importante:** ¿Puede leer esta carta? Si no, alguien le puede ayudar a leerla. Además, es posible que reciba esta carta escrita en Español. Para obtener ayuda gratuita, llame a su numero gratuito.

## What services are available through my Magellan program and how do I access them?

Your program offers solution-focused help and resources for all types of life issues and is available 24 hours a day, seven days a week online at [MagellanHealth.com/member](http://MagellanHealth.com/member) or by telephone through your program's toll-free number.

Your program also includes a comprehensive online resource library of articles, screening and self-assessment tools, tip sheets, calculators, resource guides, on-demand learning and personalized improvement plans.

## Is there a cost for using my Magellan program?

No. Your Magellan program is a prepaid service offered by your employer or organization.

## Who can use the services offered through my Magellan program?

Services are available to you and, depending on your program, to your eligible dependents or your household members.

## What kind of issues can my Magellan program help me with?

Your Magellan program can help you deal with any number of issues, big or small—from parenting or relationship issues, to personal improvement, work issues, stress, depression and healthy living. Your Magellan program is designed to help you manage whatever is happening in your life.

## Does my Magellan program include counseling?

Yes. If you would like to see a counselor, you may choose one from our online directory at

[MagellanHealth.com/member](http://MagellanHealth.com/member). Simply log on using your toll-free number to locate a counselor in your area.

If you prefer, or if your program does not allow you to select a provider online, you may call your program's toll free number to talk to a counselor or to get a referral to a counselor in your area. Any information you share with your counselor or Magellan is confidential except as required or permitted by law.\*

*\*For example, Magellan is required by law to report to authorities when an individual is a threat to themselves or others or when child, and in some states, elder abuse is suspected.*

## How many counseling sessions do I have?

You and your family have up to 3 counseling sessions.

## What if my counselor and I decide I need additional help?

If you need assistance beyond the scope of what your Magellan program provides, you may be referred to other resources such as your health benefits or community resources.

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This document is not intended to be a comprehensive program description. For more specific details regarding your Magellan program coverage, contact your Human Resources representative.

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## Your Magellan Program also offers:

### **Child and Elder Care Services**

Through your program's toll-free number, you have access to:

- A trained child and elder care program consultant.
- Listings of providers and resources in your area.
- Immediate clinical support if necessary.
- Child and elder care referral and information on [MagellanHealth.com/member](http://MagellanHealth.com/member).

### **Legal Consultation Services**

Accessed through your program's toll-free number, you may receive:

- One free office or telephone consultation with an attorney in your state for each new legal matter.
- Consultation on a wide range of issues from civil to criminal matters, family and divorce law, real estate, wills, estate planning and more.
- Additional legal services at a 25 percent discount.

### **Magellan LifeManagement Resources & Referrals**

A full range of parenting, adoption, education and child and elder care resources, including:

- Online referral and information services via [MagellanHealth.com/member](http://MagellanHealth.com/member).
- A program consultant available through your program's toll-free number.
- Listings of pre-screened, qualified referrals to providers and other resources in your area.

### **Financial Consultation Services**

Accessed through your program's toll-free number, you may receive:

- Consultation on a wide range of financial issues such as budgeting, debt consolidation, retirement, saving for college and more.
- Unlimited number of free 60 minute telephonic consultations and/or a free initial in-person consultation, depending upon your issue.

