

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. Whether you are ticking off daily tasks or working on more complex topics, your program offers you and your household members a variety of no cost, confidential resources, tools and services that are available 24/7/365.

Key features

- Provided at no cost
- Includes up to 6 counseling sessions
- Confidential service provided by a third party

Counseling

Counselors can help with anxiety, grief, depression, relationships and more. They are available in-person, by text message, live chat, phone or video.

Lifestyle coaching

You define the changes you want to make, whether personal or professional, and your coach helps you develop an action-based solution and remain accountable. Coaches are available by phone or video.

Self-care programs

Digital emotional wellness tools with in-app coaching can help you reduce stress, build resilience and improve sleep. The programs are personalized, interactive and include over thirty life themes.

Financial wellness, Legal services and Identity theft resolution

These services provide you with access to experts who can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit or use online financial management tools and print your own state-specific legal forms.

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.

Work-Life 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.

Wellness resources

Eat better, move more, be happier and healthier with wellness resources including:

- Interactive tools and assessments
- Educational articles and engaging videos
- Information on fitness, proper eating, weight management, disease and injury prevention

Get started today

Call your Employee Assistance Program at 1-800-324-8914 (TTY 711) to be connected with the right resource or professional or visit MagellanAscend.com to browse all of the services available.