



# MagellanHealth.com/member

It's time to empower yourself!

As part of your program benefits, you and your family have exclusive access to the latest health and wellness information as well as online resources and assistance for a wide variety of personal, family and work-related concerns.

## Easy Access to the Information You Want Most

Log on to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member). If you're already a registered member, great! You can start taking advantage of everything the website has to offer. Not registered? Click '[Register or Enter as a Guest](#)'. Follow the prompts and register to get access to the full array of information as well as information that's personalized based on your preferences! Plus, get the benefit of enhanced security to further protect you.

## What You'll Find on the Site

**Topic-Specific Centers**—The in-depth information you want most is at your fingertips in easy-to-navigate dedicated centers: *Coping with Stress and Anxiety*, *Financial Fitness*, *Managing Work and Career*, *Parenting Resources*, *Older Adult Resources*, *Mental Health Conditions*, *Overcoming Depression and Grief*, *Relationship Resources* and more.

**Quick Links**—Go directly to the portals of a wide variety of experts and expert sources.

**In The Spotlight**—This is where you'll find *Compass*, our monthly wellness feature with solution-focused information and resources to assist you with all types of life issues.

**Library**—Find articles, self-assessments, tools and calculators on a wide range of topics that include: stress management, work-life balance, relationships, depression, anxiety, substance abuse, communication, and many more.

**Medicine Tracker**—Learn about the medicine you're taking, the benefits and any potential side effects.

**Provider Search**—Get the names of and locations of providers online, privately and confidentially 24 hours a day.

**My Topics**—Select the topics that you're most interested in getting information on.

**On Demand Learning**—Access practical solutions that will help you live life—better! New recordings and topics updated often.

*Whether you're looking for information on a specific health and wellness topic or just feel like browsing through our extensive library, tools or assessments, there's always a reason to visit [MagellanHealth.com/member](http://MagellanHealth.com/member).*

**Employee Assistance  
Program  
1-800-424-4039**