

# eMbrace

## A distinctly different promise

### Enterprise growth through personalized engagement for 100% of your employees

In your world today, 7 in 10 employees are struggling or suffering in their lives. Most in silence. 10 in 10 of your people want to have a thriving life, a resilient mind and a healthy body.

Traditional EAPs strive for a 4% participation. In partnership with Gallup, we have a path to navigate to 40%.

We invite you to join us on the journey.

### eMbrace

eMbrace is science-backed and data-driven to help your employees and enterprise grow. Wherever your employees are on the wellbeing continuum (thriving, struggling, suffering), they are offered a personalized, guided, and effortless experience to advance the quality of their life. The experience is dynamic, offering a balance of high-tech and high-touch guidance and resources. We are always here to support them.

Like Google Maps...eMbrace dynamically monitors and adjusts based on life's anticipated or sudden changes. Regardless of where an individual is in their journey, they will always have a clear path to follow. The destination of a life well lived is now within reach for all your employees.

Purposely helping your people thrive makes them more present and engaged to power the growth of your enterprise.


Navigating individual and organizational growth is a journey within reach. Join us in eMbracing it.



## A program like no other

eMbrace is built to address every area of an individual's life, proactively assessing how they are doing across six essential domains: career, social, financial, physical, community and emotional. This whole-person approach addresses all the things that impact wellbeing. By doing so, we're not only taking care of urgent needs, but also identifying and addressing the small life stressors that can distract employees, hamper engagement and result in costly healthcare needs.

The features and benefits of eMbrace combine to create a unique, personal experience for each of your employees. Whether you are looking for a digitally focused solution or one with both virtual and in-person services, there is an eMbrace package to meet your organization's needs.

 Key Features	eMbrace	eMbrace+
Personalized, Interactive Digital Experience	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gallup Wellbeing Assessment	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tailored, Dynamic Action Plan	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Evidence-Based DCBT and Self-Help Tools	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Life Enrichment Resources and Services	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wellbeing Coaching	ASYNCHRONOUS	SYNCHRONOUS
Manager Support	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Counseling (12 Sessions)	VIRTUAL	VIRTUAL & IN-PERSON
Provider Matching Tools	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Suicide Prevention	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Navigator		<input checked="" type="checkbox"/>
Organization Support Services (Resilience training, DEI, Education/Training, CIR)	SELECTED BASED ON EMPLOYER NEEDS	

Digital Experience | Navigation | Data & Insights | Engagement

## Ready to talk to someone about transforming your employee experience?

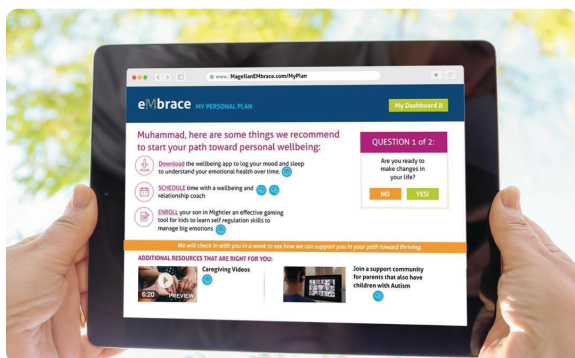
Learn more about eMbrace at [MagellanHealthcare.com/eMbrace](https://MagellanHealthcare.com/eMbrace).

# An eMbrace journey

From suffering to thriving



Meet Muhammed, a 45-year old single dad to Max, who has autism spectrum disorder. Max's needs require extra attention, and Muhammed has to juggle a lot of daily responsibilities. He takes the eMbrace wellbeing assessment. While he's doing well physically, **Muhammed is suffering and struggling** in the other areas of his life. He doesn't know what to do.



**Luckily, he has a personalized wellbeing plan and support through eMbrace.** This plan gives him directions and resources to get the help he needs:

- Meeting with a coach
- Tracking mood and sleep in the app
- Helping Max learn self-regulation skills with the Emotional Health for Kids program
- Connecting with other parents of children with ASD

**Life gets better for Muhammed** after a few months of following his personal plan. His reassessment shows he's made progress toward thriving in more areas of his life.

Ready to talk to someone about helping your employees thrive? Learn more about eMbrace at [MagellanHealthcare.com/eMbrace](https://MagellanHealthcare.com/eMbrace).

