

New, enhanced digital emotional wellbeing tool

Powered by NeuroFlow

On January 1, 2022, Magellan Healthcare will launch a new emotional wellbeing app for your employees for mind, body and life!

Powered by NeuroFlow, a key partner in providing care and resources to our members, the new app includes enhanced versions of our award-winning digital cognitive behavioral therapy (DCBT) modules and other features such as:

- Validated assessments and activities with gamification and clinical-grade content
- New clinical focus areas for meditation and mindfulness, resilience, loneliness, nutrition, and fibromyalgia
- Natural language processing to detect crises and direct to time-sensitive critical resources
- Proactive insights into the emotional health of your population

Program features

With this new app, your employees will be able to:

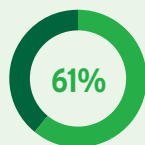
- Complete self-care activities like breathing exercises or journaling
- Track their mood, sleep, stress and pain and view progress
- Get reminders through proactive nudges
- Earn rewards points and badges
- Connect with Magellan’s virtual and in-person provider network*

See the next page for a list of topics and conditions that are addressed.

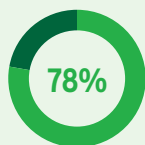
Proven engagement and outcomes



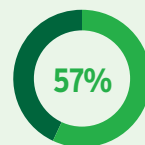
complete the assessment



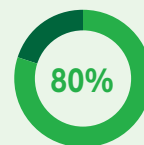
continue using the app during the first month



self-report a reduction in symptoms



report reduced fear and panic symptoms**



report improved sleep**

We are excited to share this new app with you and your employees on January 1, 2022. Stay tuned for more information in the coming months!

*Eligibility based on your specific program benefits.

**DCBT users

The new program covers topics like:

- Aging
- Balancing emotion
- Caregiving
- COVID-19
- Eating disorders
- Goal setting
- Grief and loss
- Loneliness
- Mental health
- Mindfulness and meditation
- Nutrition
- Physical activity
- Positive psychology
- Pregnancy
- Resilience
- Sleep
- Stress
- Suicide

And can help with conditions including:

- Attention deficit-hyperactivity disorder
- Alcohol use disorder
- Anxiety
- Chronic pain
- Depression
- Fibromyalgia
- Insomnia
- Obsessive-compulsive disorder
- Opioid use disorder
- Panic disorder
- Post-traumatic stress disorder
- Substance use disorder