



## 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

### 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.

- 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
- Financial services consultation
- Legal consultation

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## Counseling & Support Services

### 1-800-327-9240

For TTY Users: 1-800-456-4006

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