



Digital Emotional Wellbeing

The Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection. Available via the mobile app and your member website, this program provides activities and education for overall wellbeing.

Key features:

- Complete activities such as breathing exercises, meditation or journaling.
- Track mood, sleep, stress and pain.
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

Learn how to cope with and manage the effects of:

- Anxiety and stress
- Attention-Deficit Hyperactivity Disorder
- Chronic pain
- Depression
- Grief and loss
- Sleeplessness
- Substance use disorders

Within the Digital Emotional Wellbeing Program, access enhanced versions of Magellan's award-winning digital cognitive behavioral therapy (DCBT) modules and journeys for adults and youth.



ComfortAble® for chronic pain



FearFighter® for anxiety, panic and phobia



MoodCalmer for depression



RESTORE for insomnia



SHADE for substance use disorder



ThinkHeroSM for anxiety symptoms (ages 6 – 12)



ThinkWarriorSM for anxiety symptoms (ages 13 – 17)



Visit your eMbrace Program member website at Member.MagellanHealthcare.com or scan the QR code to get started.