



Everyone needs a little help now and then.

Change can create stress. Routine can create stress. Life is full of challenges and surprises, ups and downs, highs and lows. It's natural to feel sometimes like there's just too much to handle. You're not alone.

Your program can help.

Easy to find, confidential assistance is available every hour of every day. Offered by your employer at no cost to you, services are also available to your spouse, and, depending on your program, other members of your household.

If after speaking with one of our clinicians you decide that you would benefit from seeing a counselor face-to-face, you will receive a referral to a provider in your area. We'll encourage you to make an appointment right away to get the support you need.

Visit MagellanHealth.com

A wide range of online tools, resources and information is just a click away. Visit our member site at MagellanHealth.com to learn about health and wellness issues, personal development and more.

Additional Program Features:

Financial Services

Your program includes services to help you reach your financial goals. You'll be put in touch with a financial expert who can provide information and answer questions on a wide range of topics, including planning for retirement, debt consolidation and more.

Legal Consultation Services

Your program also provides legal consultation services. Call to be referred to an attorney for a prepaid initial in-person consultation or for an immediate telephonic consultation on issues from estate planning to family and divorce law, from civil to criminal matters, and more.

We're here to support you with life's challenges and opportunities.

You can call the toll-free number listed on this flyer any time, day or night, to speak confidentially with a trained, compassionate professional.

We encourage you to visit MagellanHealth.com for information on hundreds of health and wellness topics, including:

- Stress
- Alcohol or drug dependencies
- Adjusting to change
- Child and elder care
- Grief
- Family or parenting issues
- Marital or relationship issues
- Self-improvement
- Pre and postnatal concerns
- Work/life balance

... And so much more. Your program offers online screening tools, self-assessments and personalized improvement plans to help you better understand and cope with your everyday—and not so everyday—concerns.

Whether you're looking for information on health and wellness topics or you're ready to seek personalized assistance, your program can help.

ICUBA
Employee Assistance Program
1-800-416-0835

www.MagellanHealth.com