

Magellan Healthroads®—One Stop for Your Total Well-Being

Imagine yourself fit, strong and full of energy! Discover Magellan Healthroads with its interactive wellness tools and see how becoming healthier and happier is empowering—and fun, too! Go to the Magellan Healthroads portal and find:

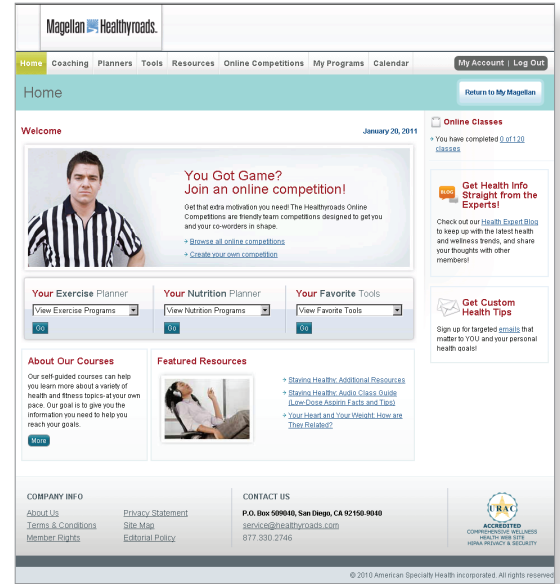
- **Personal Health Assessment** (available to members depending on their program)—Taking a personal health assessment (PHA) is the first step. The online PHA is easy, enlightening and confidential.
- **Exercise Planner**—Create an individualized fitness plan online based on your goals, preferences, available equipment and more.
- **Meal Planner**—Create individualized, easy-to-follow meal plans based on your goals. You can also track nutrients and calculate caloric intake.
- **Health Trackers**—Monitor your progress in weight management, blood pressure, heart rate, body fat percentage, endurance, and more.
- **Enhanced Communication**—Read up on the latest health news with blogs, online newsletters and optional daily e-mails with wellness tips.
- **Self-Guided Coaching Modules**—Go at your own pace! Topics include *The Basics of Healthy Living*, *How to Get Fit in 10 Minutes a Day*, *Low Stress Living*, *Preventative Health Care*, *Why Quit Tobacco* and more.
- **Fitness Club Discount Affinity Program**—Get membership discounts at more than 15,000 fitness clubs nationwide.

Easy Online Access

Log on to www.MagellanHealth.com/member. Not registered? Click *New or Unregistered Users*. Follow the prompts and register to get full access to the site as well as information that's personalized just for you!

Other Health and Wellness Resources You'll Find on the Site

- **Topic-Specific Centers**—In-depth information in easy-to-navigate centers.
- **Quick Links**—Go directly to the portals of a wide variety of expert sources.
- **In The Spotlight**—You'll find *Your Source*, our monthly wellness feature with solution-focused information and resources.
- **Library**—Find self-assessments, tools and calculators on a wide range of topics.
- **Medicine Tracker**—Learn about the medicine you're taking, the benefits and any potential side effects.
- **Provider Search**—Get the names of and locations of providers online, privately and confidentially 24 hours a day.
- **My Topics**—Personalize your account with information important to you.



Whether you're looking for information on a specific health and wellness topic, want to start a fitness plan or just feel like browsing through our extensive library, tools or assessments, there's always a reason to visit MagellanHealth.com/member.

Employee Assistance Program
For Professional Consultation

Call 1-800-523-5668

For TTY Users: 1-800-882-7610

