



# MagellanHealth.com/member

As part of your program benefits, you and your family can log on to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) for online employee assistance and information on a variety of personal, family and work-related concerns.

## Online Library Puts You In Control

Magellan's vast online library puts information at your fingertips. Go to **Library & Resources** to find articles, self-assessments and self-help programs on a wide range of topics including family, mental health, personal development, life management issues and more.

Interactive topics include:

- Stress management
- Work/life balance
- Relationships
- Depression
- Anxiety
- Substance abuse
- Communication
- And many more

## Calculators Help You Get—and Stay—Fit

MagellanHealth.com can help you reach your fitness goals with these online tools:

- Body mass index calculator
- Calorie burner counter
- Nutrition needs calculator
- Target heart rate calculator

## Learn About The Medicine You're Taking

The **Medical Information Center** available on MagellanHealth.com features a **Medical Interaction Database** where you can find out about possible drug interactions and side effects. Also check out the latest FDA alerts and drug recalls.

## Get Program Referrals, Privately and Confidentially

It's easy to get the names of program **providers** online 24 hours a day, from wherever you are. Use **Provider Search** to search for a provider by name or zip code and target providers with the specialties you're looking for. **MapQuest**® gives you easy to follow directions to the provider's office.

## Visit Online Today

Whether you're looking for information on a specific topic or just want to browse through our extensive library, there's always a new reason to go to online. Visit [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member).

*"I feel like I need 28 hours a day to get everything done. Sometimes the stress is overwhelming."*

*"This time I want my diet and fitness program to work. How can I stay on track?"*

*"Is it ok to take my new prescription with my allergy medicine?"*

*"I've never felt so low and it's affecting my work and home life. I think I should talk to someone."*

Employee Assistance Program  
For Professional Consultation

**Call 1-800-523-5668**

For TTY Users: 1-800-882-7610