

Magellanhealth.com/Member Website Guide

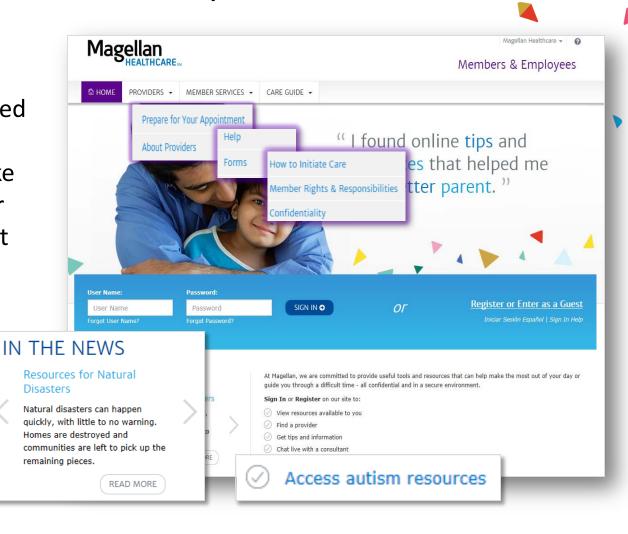




Get Informed. Take Action. Live Well.

Welcome to MagellanHealth.com/Member

At Magellan, we are committed to provide useful tools and resources that can help make the most out of your day or guide you through a difficult time - all confidential and in a secure environment.



Autism Resource Center:

Magellan created this webpage for individuals with Autism and their family members to provide resources and information related to Autism and links to other community and national organizations. Explore the webpage to find articles, games, activities and resources.

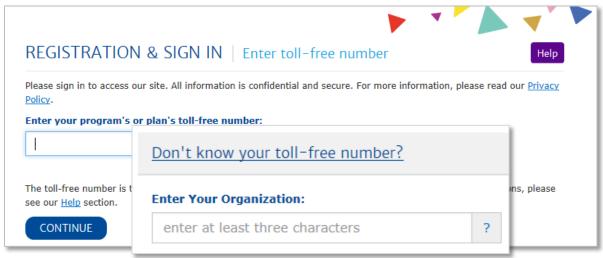
Registration & Guest Access

On the REGISTRATION & SIGN IN page, enter your program's toll-free number

800-424-6015

or click on
<u>Don't know your toll-free number?</u>
to enter at least the first three
characters of your organization's name.





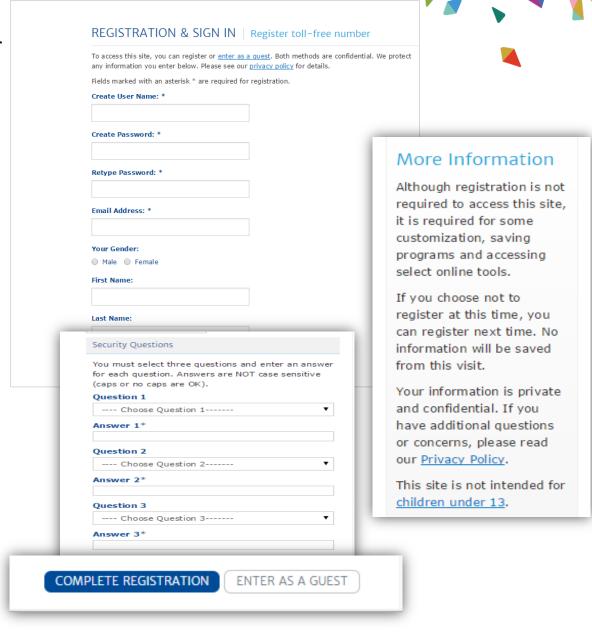
To access the site, you can register or enter as a guest.

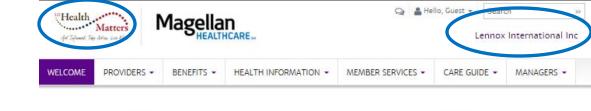
Both methods are confidential.

Why Register?

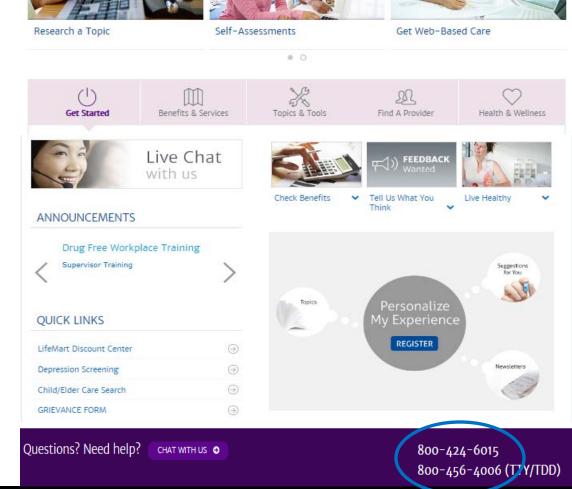
- Easier and faster access on future visits.
- Full, customized access to our site based on your user name.
- Personalize your experience to save your interests and preferences

If you decide NOT to register at this time, simply skip the required fields and click on **ENTER AS A GUEST** at the bottom of the registration page.





Welcome to the Lennox International Member Website







WELCOME

PROVIDERS ▼

BENEFITS +

HEALTH INFORMATION +

MEMBER SERVICES ▼

CARE GUIDE +

MANAGERS +

REGISTER ▼

PROVIDERS -

Provider Search

Búsqueda de Proveedores

Prepare for Your Appointment

About Providers

EAP Self Referral

BENEFITS ▼

EAP Benefits

EAP Self Referral

Web-Based Care

Library

Self Assessments

Tools & Calculators

Medication

Community Resources

MEMBER SERVICES +

Help

Grievances

On Demand Learning

CARE GUIDE ▼

Member Rights & Responsibilities

Confidentiality

MANAGERS →

EAP Management Services

Workplace Support

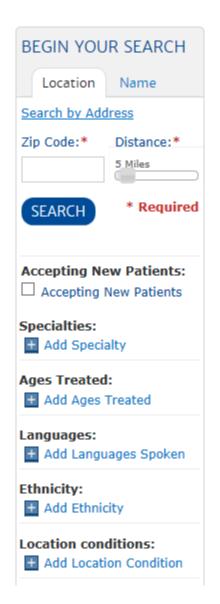
Training

Management Resources

Workplace Regulations

Additional Resources

Provider Search & EAP Self Referral



Search for a provider by location! Use the side panel to choose a provider list, enter your location, and press Go. You can also search for a provider by name.

Customize your search by adding filters based on your needs. Click each section and enter search criteria.

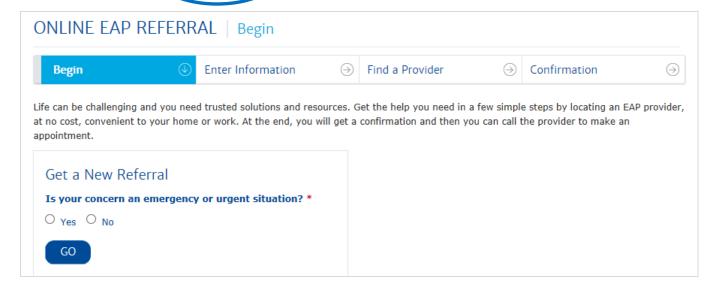
Compare providers using the information and tools provided.

Make an appointment.

If you are an EAP member, please remember to pre-register by using our Online Self-referral or calling your program toll-free number.

After your appointment, return to rate the provider and give feedback!

If you have questions or are unable to find a provider, please call your toll free number at 800-424-6015.



Web-Based Care

Using our interactive online cognitive behavioral therapy programs, you can find the support you need in a way that is convenient and confidential. These programs provide a choice, when appropriate, to accessing support. You may be more comfortable moving through the programs in a self-guided, self-paced way. Or, you can work with your care provider to use them before, along-side or after working face-to-face with your care provider.

Feeling Depressed?

A 4-session program for mild to moderate depression that helps you identify signs and symptoms of depression, challenge negative thoughts, manage relapse and schedule pleasant activities.

Struggling with Substance Use?

A 9-week program for individuals suffering from alcohol, substance use and depression that helps by promoting long-lasting, skill-based changes in behavior and thinking.

Dealing with Anxiety?

A 9-step program for anxiety, panic and phobias. The program provides explanations of the body's reaction to anxiety, and personal examples of individuals on the road to recovery.

Trouble Sleeping?

A 6-week program for sleep problems and insomnia. The program provides videos on how to get a better night's sleep, as well as tools to measure sleep time and improve sleep.

Struggling with Obsessive Compulsive Disorder (OCD)?

A 9-session program for obsessive compulsive disorder. The program provides interactive videos and user success stories that make the exercises easy to follow.



Pre-recorded webinars and podcasts







Research a Topic

Self-Assessments

Get Web-Based Care

The moving carousel at the top of the webpage provides quick links to important resources:

- Research a Topic
- Self-Assessments
- Get Web-Based Care
- Pre-recorded webinars and podcasts
- Monthly topics

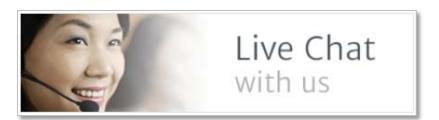


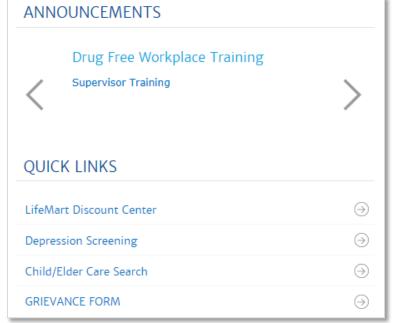




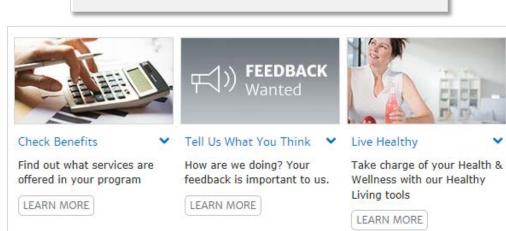












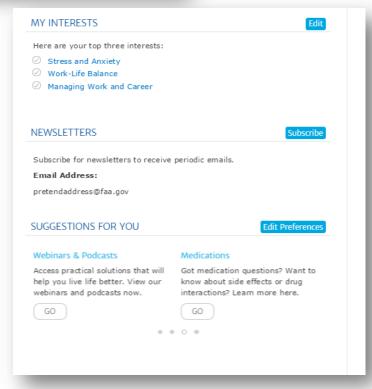
Personalize Your Experience

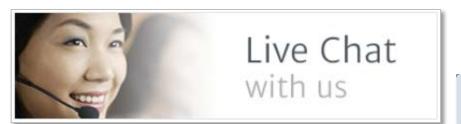
Personalize the topics of interest, sign up to receive periodic newsletters and get suggestions customized to your preferences.

Just four simple steps to personalize your experience...





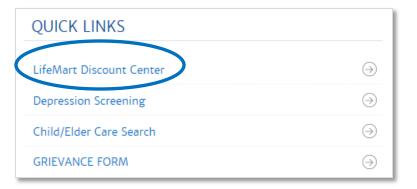


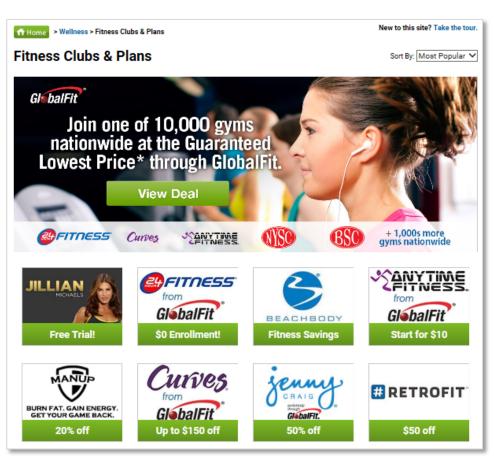


Sometimes, just picking up the telephone can feel inconvenient or intimidating.

Use chat to instantly connect with a live online specialist to **confidentially** help you find resources and assistance for a variety of personal, family and work-related concerns.







The LifeMart Discount Center offers discounts on millions of everyday products and services.













Click on **Benefits & Services** to access your program's benefits, description of benefits and links for more information.

MY PROGRAM

Counseling
Work-Life

Click on **Counseling** to learn that your program provides up to 3 counseling sessions that can help you and your family successfully deal with life's challenges.

Click on **Work-Life** to access the LifeMart Discount Center or access Child/Elder Care Search, a nationwide database to locate resources to find solutions to the challenges you may face throughout all life stages.

Child/Elder Care Search

Work-Life Resources can help you and your family members find resources for the challenges you may face throughout all life stages including adoption, infant and child care, education resources, senior care and special needs services. You have access to a nationwide database to locate resources to match your needs and receive instant results.

ACCESS SERVICES











Click on **Topics & Tools** to access different behavioral health centers, self-assessments, tools & calculators, medication guide and on-demand learning opportunities.

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Here are some useful links to more information regarding medication and other pharmaceutical topics.

Self-Assessments

We offer a comprehensive library of self-assessment tools across a wide range of subjects. Continue on to view the list of categorized assessments.

Tools & Calculators

How much house or car can you afford? How many calories do you burn taking the stairs? What pet's right for you? Continue on to view all of our calculators organized in easy-to-find categories.

On-Demand Learning

Access practical solutions that will help you live life—better! Check back often for new recordings and topics.

Coping with Stress and Anxiety	Mental Health Conditions
Creating Work-Life	Older Adult Resources
Balance	Outpatient Disease Management
Disaster Resources	
Experiencing Life Changes	Overcoming Depression and Grief
Financial Fitness	Parenting Resources
	Relationship Resources
Living with Chronic Conditions	Understanding Special Needs
Managing Work and Career	Wellness and Healthy Living



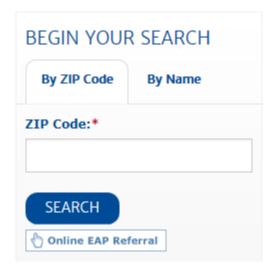








Click on **Find A Provider** to find a provider by location or name. Learn details on providers that can help with your emotional health and wellness.



Get an Online EAP Referral

Life can be challenging and you need trusted solutions and resources. Get the help you need in a few simple steps by creating a referral online (at no cost to you) for a provider convenient to your home or work.



Get Web-Based Care

Using our interactive online behavioral therapy programs, you can find the support you need in a way that is convenient and confidential.



Get Child/Elder Care

Work-Life resources can help you and your family members find resources for the challenges you may face throughout all life stages including adoption, infant and child care, education resources, senior care and special needs services. You have access to a nationwide database to locate resources to match your needs and receive instant results.

GO











Click on **Health & Wellness** to access tips, tricks and articles that make you smarter about your health.

Calorie Burner Counter

See how many calories you've burned through exercise and daily activities.



Body Mass Index Calculator

Check your BMI to help you aim for a healthy weight.



Self-Assessments

We offer a comprehensive library of self-assessment tools across a wide range of subjects. Continue on to view the Health & Wellness assessments



Healthy Living Topics

Aging Well	Mind & Body Health	
Breast Cancer	Nutrition	
Children Mental Well-	Online Safety	
Being Emotional Wellness	Pregnancy and New Parent	
Fitness	Sleep Issues	
Goal Setting	Time Management	
Healthy Life	Tobacco Cessation	
Heart Health	Weight Management	
Medication Safety	Women's Health	
Men's Health		

Thank You!

Remember, Magellan Health is here to help you make the most out of your day or guide you through a difficult time.

Visit us today at www.MagellanHealth.com/member or call 1-800-424-6015.

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