



# 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



**ThinkHero<sup>SM</sup>** for anxiety symptoms (ages 6 – 12)



**ThinkWarrior<sup>SM</sup>** for anxiety symptoms (ages 13 – 17)



Visit your Employee Assistance Program member website at [MagellanAscend.com](https://MagellanAscend.com) or scan the QR code to get started.