



Support for caregivers

Caring for an elderly parent, spouse, child or loved one can be deeply rewarding, but it also comes with challenges that may feel overwhelming or stressful. Your program provides free, confidential benefits and resources to help caregivers with a variety of issues.

What can your program help with?

Identify the issues you need help with such as grief, stress, relationship issues, difficulty sleeping, setting boundaries, work-life balance, etc.

Find child and senior care providers in your area as well as articles on topics such as caregiving, how to avoid caregiver burnout and more.

Access discounts on everything from prescription medications to home care services, grocery and meal delivery, baby supplies and more.

Guidance with financial issues, budgeting and planning for the future.

Help with legal matters including wills, estate planning, family law and more.

Learn how to combat compassion fatigue, sleep better, manage stress and improve your emotional health.

What resources are available?

» **Counseling:** Your program offers 5 visits per issue, per year with a licensed clinician. Counseling is available virtually or in person.

» **Work-Life Web Services:** Webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges.

» **Discount center:** Hundreds of deals on nationally recognized, brand-name products and services.

» **Financial wellbeing:** Meet with a Money Coach for 30 minutes up to three times per topic, per year.

» **Legal services:** One free 60-minute attorney consultation plus access to educational resources on your member website.

» **Digital emotional wellbeing program:** Access self-paced Digital Cognitive Behavioral Therapy (DCBT) programs, science-backed relaxation techniques and more.



Scan the QR code to visit Member.MagellanHealthcare.com or call your Employee Assistance Program at 1-800-327-4581 (TTY 711) to get started.