



# MagellanAscend.com

Making your life's journey easier

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. From checking off daily tasks to working on more complex issues, your new program website, MagellanAscend.com can help make your life, and your household members lives, a little easier.

Magellan Ascend is designed for easy browsing on any device. You will receive timely, curated content each time you visit the site. Use the Live Chat feature to get assistance in real-time.

## Key features

**Explore Services**—Learn more about all the services available to you by clicking on each tile, including coaching, counseling, self-care mobile apps and more.

**What's Trending**—Get the latest news on trending topics ranging from building resiliency to handling traumatic events.

**Featured Topic**—Each month features a timely and relevant topic presented via the Momentum newsletter and a live webinar.

**Your Apps**—Browse helpful apps for your mobile device.

Get started today! Make sure to create a user log-in and profile for secure and confidential access to every area of the website.

With fresh content on so many topics and helpful free resources, there's always a reason to visit MagellanAscend.com.

**Find Care**—Research providers in your area that specialize in services you need.

**Knowledge Center**—Find articles, videos, self-assessments and webinars on a wide range of topics including: anxiety, child care, depression, elder care, parenting, relationships, stress management, substance misuse, work-life balance and so much more. Save these resources to your favorites.

**Cost Savings**—Access discounts on millions of products and services including child and elder care, entertainment, vacation planning, fitness centers and more.

Employee Assistance Program  
For Professional Consultation  
**Call 1-800-523-5668**

For TTY Users: 1-800-456-4006