



## Magellan Expands Digital Innovation Platform and Strategy

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*Launches new digital tool for pain management*

SCOTTSDALE, Ariz.--(BUSINESS WIRE)--Mar. 9, 2018-- [Magellan Health, Inc.](#) (NASDAQ: MGLN), recognized as a leading provider of digital tools to increase the integration of and access to medical and behavioral health treatment, today announced the launch of the newest addition to Magellan's suite of digital cognitive behavioral therapy (DCBT) programs: ComfortAble™. Designed for those impacted by chronic pain, the module is designed to help users reduce pain or see significant improvements in functioning.

ComfortAble uses proven cognitive behavioral therapy techniques to help users identify and change unhelpful thinking and behavior patterns and learn new problem-solving techniques. It features clinical vignettes, interactive multimedia activities and exercises that facilitate the development of new skills. Users can track their progress through each session. Upon completion, new resources and activities are assigned.

The tool enhances one part of Magellan's broad-based digital strategy: the Virtual Care Solution (VCS), an innovative platform and portal that includes a collection of digital and digitally enabled telehealth programs that help identify and support those with medical and behavioral health conditions.

Magellan's software suite includes apps for mood (MoodCalmer), anxiety, panic, and phobia (FearFighter™), sleep difficulty and insomnia (RESTORE™), and web-based modules for substance and alcohol misuse (SHADE) and obsessive-compulsive disorder (OCFighter).

The VCS platform enhances the delivery of services to underserved areas and to individuals who may find it challenging to find time to see a provider in-person. The modules are available in both English and Spanish, are designed to be culturally sensitive, support a range of literacy needs and can be accessed on most mobile devices. At any given time, over 2,000 people are actively using Magellan's VCS and engaging in our digital programs.

ComfortAble, along with Magellan's Restore, FearFighter and MoodCalmer DCBT modules, is offered as a smartphone app for members of Magellan client health plans. These modules are available on the Apple App Store and Google Play. Magellan is also developing a new module focused on opioid addiction.

"With the launch of ComfortAble, Magellan maintains our market differentiation as the only organization to offer the most robust suite of DCBT programs that expands access to evidence-based care, addresses complex conditions and improves the health of our members," said Seth Feuerstein, M.D., J.D., chief innovation officer for Magellan Health. "By taking a digital approach to CBT, as one aspect of our broader digital strategy, and using the power of data to drive innovation and continual program improvements, we are able to integrate into settings where individuals are already receiving medical care, such as federally qualified health centers, and also help people at any time and place that works for them."

Magellan's DCBT modules address the needs of those with complex conditions and have undergone numerous clinical trials in which they have matched, and in some instances exceeded, those reached by conventionally delivered cognitive behavioral therapy.

**About Magellan Health:** [Magellan Health, Inc.](#) is a leader in managing the fastest growing, most complex areas of health, including special populations, complete pharmacy benefits and other specialty areas of healthcare. Magellan supports innovative ways of accessing better health through technology, while remaining focused on the critical personal relationships that are necessary to achieve a healthy, vibrant life. Magellan's customers include health plans and other managed care organizations, employers, labor unions, various military and governmental agencies and third-party administrators. For more information, visit [MagellanHealth.com](#).

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