



Magellan Health Announces Total Wellbeing Solution for Employers

February 8, 2022

Introduces eMbrace, a fully integrated, evidence-based emotional wellbeing solution, launching April 1, 2022

PHOENIX – February 8, 2022 –[Magellan Health, Inc.](#), one of the nation's leaders in behavioral health, today announced eMbrace, a new fully integrated, evidence-based solution that will support members' total wellbeing.

Offered by [Magellan Healthcare, Inc.](#), the behavioral health and specialty division of the Company, the eMbrace solution will include a customized wellbeing survey developed with Gallup, a well-respected research organization focused on total wellbeing and engagement. The survey will measure the six dimensions of wellbeing: social, community, career, financial, physical and emotional. The emotional dimension was created through the [Magellan-Gallup Wellbeing Project](#). All six are interrelated and crucial to wellbeing and a life well-lived.

Magellan's eMbrace solution is based on human-centered design principles. It combines Magellan's best-in-class behavioral health solutions with digital tools, complemented by the necessary integrated care approach that supports improved outcomes for members and reduces the overall total cost of care. Individuals who take the survey will benefit from insights that will inform their wellbeing journey and support their ability to develop thriving lives, resilient minds and healthy bodies.

Through eMbrace, Magellan is reimagining healthcare by emphasizing total wellbeing. "We are passionate about reducing the stigma surrounding mental illness by making wellbeing screening and self-care as common as other routine healthcare screening like annual physicals and dental check-ups," said Ken Fasola, chief executive officer, Magellan Health. "We strongly believe in the power of screening and prevention through a focus on total wellbeing, which is why we've collaborated with Gallup."

Today's Challenges in the U.S.

Roughly seven in 10 employees are struggling or suffering in their overall lives, with negative emotions rising over the past decade, according to [Gallup's State of the Global Workplace Report](#). Even before the pandemic, mental health disorders accounted for several of the top causes of disability in established market economies, such as the U.S. They include major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder.^[i] In addition, suicide is among the leading causes of death for U.S. workforces^[ii]. It is why mental health support is increasingly seen and addressed as preventative to avoid greater impact on the health, wellbeing and productivity of individuals who want to live their best lives.

"The pandemic has put a spotlight on the importance of mental health, resulting in much needed public conversations on these issues. At Magellan, we are leveraging our lived experiences and clinical expertise as we work tirelessly to reduce mental health stigma and focus on augmenting the important work that clinicians do on behalf of the individuals they treat. Through eMbrace, we will be able to guide members to the most appropriate solutions and treatment through a whole health approach based on wellbeing," said Caroline Carney, M.D., Magellan Healthcare's President of Behavioral Health and Chief Medical Officer of Magellan Health.

How eMbrace Works

eMbrace reimagines traditional employee assistance and behavioral health benefit programs by screening members for total wellbeing and offering personalized solutions and regular reassessments to measure progress across the six dimensions of wellbeing. Solutions include programs that help members develop skills to increase constructive behaviors and reduce destructive behaviors. If members need more clinically based services, they have access to Magellan's 50+ years of behavioral health expertise to help them get the appropriate assistance for their mental health needs.

About Magellan Healthcare: [Magellan Healthcare, Inc.](#), the healthcare business unit of Magellan Health, Inc., offers solutions for complex conditions in the areas of behavioral health and medical specialty treatment. Taking an active approach to address the wellbeing of individuals, Magellan Healthcare serves commercial health plans, employers, state and local governments, and the Federal government, including the Department of Defense. For more information, visit [MagellanHealthcare.com](#).

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 addressing the whole health needs of members 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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[i]<https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>

[ii]<https://www.cdc.gov/niosh/topics/stress/suicide.html>