

Your life's journey—made easier

No matter where you are on your journey, there are times when a little help can go a long way. From checking off daily tasks to working on more complex issues, your program offers a variety of resources, tools and services available to you and your household members.

Your program is here to help you along the journey of life. No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.

Key features

- Provided at no cost
- Includes up to 6 counseling sessions
- Confidential service provided by a third party
- Available 24/7/365

Core services

- *Counseling*—Counselors can provide support for challenges such as stress, anxiety, grief, relationship concerns and more.
- *Coaching*—When you have a goal to achieve, coaches help you create a plan of action and stay on track.
- *Online programs*—Self-guided, interactive programs help improve your emotional well-being for issues like depression and anxiety.

Here's how to get started

Getting the help you need, when you need it, can result in you leading a happier, more productive life.

- Give us a call and we will connect you with the right resource or professional.
- Learn more about all of the services available at MagellanAscend.com.

Legal assistance, financial coaching & identity theft resolution

Expert consultation to help with your legal, financial and identity theft needs. Access a free online library with resources for identity theft resolution, budgeting, debt management, family law, wills and more.

Work-life services

Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

Senior care management

Caregiving can be demanding physically, emotionally and financially. This service will help assess and recommend the right care for your household member. Services include in-home assessments, facility reviews, post-hospitalization assessments and ongoing care coordination.



Air Force EAP
1-866-580-9078

www.AFPC.AF.MIL/EAP

Life is a journey, not a destination

Air Force EAP

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 program offers you and your household members a variety of resources, tools and services to help make your life a little easier.

- Build your resiliency by attending a webinar
- Tackle a personal issue by using a self-paced app
- Accomplish a goal with the help of a coach

Key features

- Provided at no cost to you and your household members
- Completely confidential service provided by a third party
- Available 24/7/365

Getting the help you need, when you need it, can result in you leading a happier, more productive life.

Coaching

Your coach will:

- Meet with you by phone or video conference
- Create a clear cut plan of action to help you meet your goals
- Provide resources, assist with problem-solving, follow-up and accountability

Counseling

Access a nationwide network of licensed professionals for support with challenges such as stress, anxiety, grief, substance misuse, relationships concerns and more. Meet with your counselor in-person or by video conference (if available).

Online programs

Self-guided programs can help improve your health and overall emotional well-being if you're struggling with depression, anxiety, insomnia, chronic pain, substance misuse or an obsessive compulsive disorder. The programs are easily accessible and proven effective.

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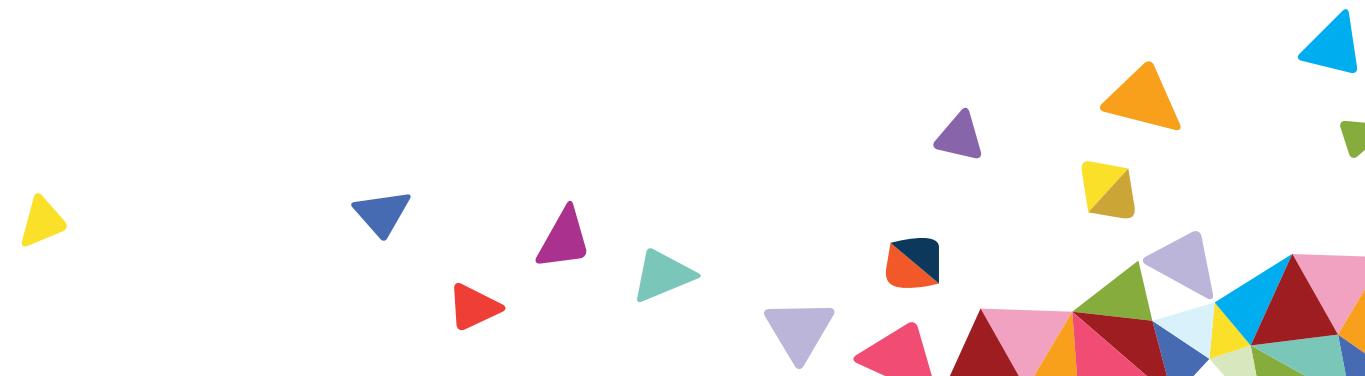


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Detach and keep a card with your other important cards so it's easy to find. Give the other one to a household member for easy reference.

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Visit MagellanAscend.com or call anytime to get help with topics such as:

- Emotional wellness
- Stress & balance
- Family & relationships
- Grief & loss
- Daily life solutions

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Life is full of peaks and valleys, and your program provides comprehensive, confidential assistance to you and your household members during good times and bad, all at no cost to you.

"Life is a journey with problems to solve, lessons to learn, but most of all experiences to enjoy."

— RITU GHATOUREY

Get started today

Your program is here to help you along the journey of life. No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.



Give us a call

We will assess your individual situation and connect you with the right resource or professional to address your challenges, questions or needs.



Check out our website

Learn more about all of the services available to you and your household members at MagellanAscend.com.

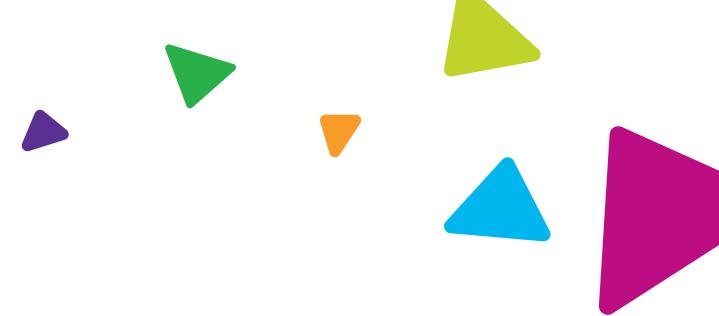
Important: Can you read this? If not, we can have somebody help you read it. For free help, please call your toll-free number.

Importante: ¿Puede leer esta carta? Si no, alguien le puede ayudar a leerla. Además, es posible que reciba esta carta escrita en Español. Para obtener ayuda gratuita, llame a su numero gratuito.

In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California—Employer Services and Human Affairs International of California.

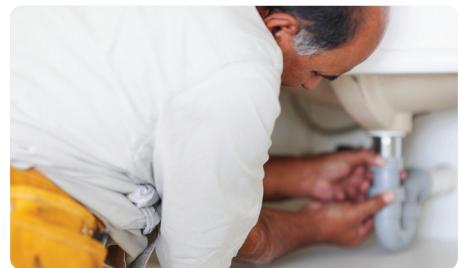
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Work-Life Services

From treasured moments to major milestones to tricky transitions, Work-Life Services helps you live life smarter and gives you insight and inspiration for the journey.



Adult Care & Aging

We simplify caregiving by helping you make informed decisions on housing, healthcare, finances, safety and more.

- Care options and living arrangements
- Senior services
- Respite care
- Grief and bereavement
- Community programs

Child Care & Parenting

From the toddler years to the turbulent teens, we will help you find child care and navigate through the pleasures and pitfalls of parenthood.

- Parenting infants
- Managing work and family
- School options
- Summer care
- Child health and safety

Daily Living

Access expert guidance on home improvement, automotive services, travel, cleaning services, consumer information and more.

- Home improvement
- Consumer information
- Emergency preparedness
- Cleaning services
- Travel



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Education

Whether you have a school-age child or are thinking about returning to school yourself, resources are available for financial aid, college, scholarships and tutoring.

- Financial aid and scholarships
- Continuing education
- Tutoring
- Extracurricular activities
- Gifted and talented children



Moving

Say goodbye to moving stress. Whether you move across town or across the country, we will help you get organized and save time.

- Referrals to movers and real estate services
- School information
- Neighborhood profiles
- Houses of worship
- Recent home sales



Pet Ownership

They're more than pets; they're family! Bone up on choosing, feeding, insuring, grooming and caring for a pet.

- Local veterinarians
- Pet sitters
- Dog walkers
- Pet supplies and insurance
- Pet-friendly locations and activities



Pregnancy & Adoption

Your bundle of joy comes with a bunch of challenges. Here you'll find to-dos for nearly every "What should I do?"

- Prenatal care
- Birthing options
- Labor and delivery
- Formula feeding
- Parenting adopted children



Relationships

Get the information and assistance you need to have healthy, positive and respectful relationships.

- Wedding planning
- Marriage laws and licenses
- Healthy marriage tips
- Separation and divorce support
- Communication tips



Special Needs

Turn to us for support and understanding as you go through the trials and triumphs of raising a child with special needs.

- Doctor visit preparation
- School services
- Respite care
- Treatment
- Stress management and emotional support