

Your life's journey—
made easier

Start your wellbeing journey today.

We are here to help you and your household members navigate the ups and downs of life. All of our support is free and completely confidential, so you can feel comfortable sharing your concerns with us anytime, day or night.

Visit us online

Get the most out of your program by reviewing the services in one place.



Scan the QR code and select your employer to access your benefits today.

Give us a call

We will listen and connect you with the right resource or professional for your needs.

Please call your toll-free number if you have any issues reading this information or if it is unclear. Magellan can also provide accommodations for members with issues communicating via these methods.

Llame a nuestro número telefónico gratuito si tiene alguna inquietud al leer esta información o si algo no está claro. Magellan también puede proporcionar adaptaciones para miembros con problemas para comunicarse a través de estos métodos.

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

©2023 Magellan Health, Inc.
F-B1010E (12/24)

Magellan
FEDERAL

We're here to help.

Visit us online

Check out the benefits guide to see all the services in one place.

- Find a counselor
- Schedule a coaching session
- Research wellbeing topics

Give us a call

Follow the voice prompts to be connected to the right resource.

- Work-Life benefits
- Financial/Legal/ID Theft services
- Speak to a live person who will listen and recommend services and next steps.



Free, confidential support for you and your household members 24/7/365.

Visit the member website and find resources to support your wellbeing.

- Emotional wellbeing
- Family & relationships
- Grief & loss
- Stress & balance
- Workplace support
- Daily life solutions

Free, confidential support for you and your household members 24/7/365.

Visit the member website and find resources to support your wellbeing.

- Emotional wellbeing
- Family & relationships
- Grief & loss
- Stress & balance
- Workplace support
- Daily life solutions

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.

Support for your life's journey

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. Your program offers a variety of services and resources to improve your wellbeing.

Key Features

- No cost to you and your household members
- Completely confidential and available 24/7/365
- Includes up to 6 counseling sessions

Get Started

- Visit www.resilience.af.mil/Workforce-Resource
- Call 1-866-580-9078 (TTY 711)

Counseling

When life presents you with problems that you are having difficulty resolving on your own, you can meet with a counselor in person, or via text message, chat, phone or video.

Counseling is available for the entire family—individuals, couples and teens (with parental consent) for concerns such as anxiety, depression, grief, parenting, relationships, stress, substance misuse and more.

Wellbeing Coaching

You can achieve your goals by working with our certified coaches. They help you define goals, stay accountable and sustain your success.

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.

Financial Wellbeing, Legal Services and Identity Theft Resolution

Meet with experts who can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit, research specific topics and state-specific legal forms.

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.

Discount Center

Hundreds of deals on nationally recognized brand-name products and services in one convenient location.

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.

"My coach was instrumental in bringing clarity to my situation and helped me find great peace where I could not find it before."

~ Magellan Member



Air Force EAP

1-866-580-9078 (TTY 711)

www.resilience.af.mil/Workforce-Resource



Air Force EAP

1-866-580-9078 (TTY 711)

www.resilience.af.mil/Workforce-Resource



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.