

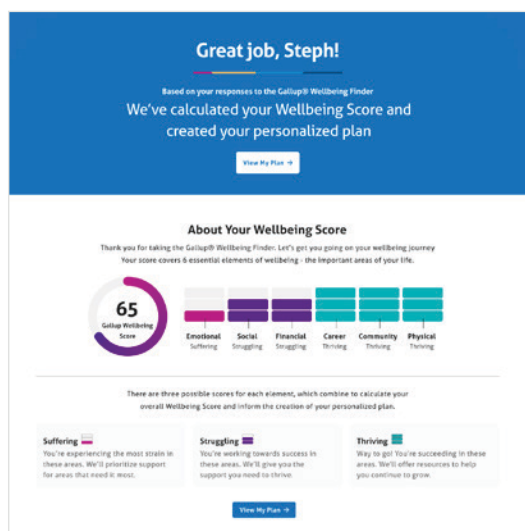
The Gallup® Wellbeing Survey

According to Gallup®, 70% of the population is struggling or suffering. When these individuals go to work, they are more likely to experience burnout, increased sick days and lower productivity. eMbrace helps you improve employee wellbeing and build organizational resilience by promoting the success of every individual in your organization.

The Gallup® Wellbeing Survey calculates employee wellbeing using Gallup® science and Magellan's proprietary emotional well-being element. It shows employees where they are thriving, struggling and suffering across the six essential areas of wellbeing. These scores result in a personalized plan that drives employees to eMbrace services and resources to help them improve their wellbeing.

Six essential areas of wellbeing:

- **Emotional:** Having resilience and confidence to respond to uncertainty.
- **Career:** Liking what they do every day.
- **Social:** Having meaningful relationships in life.
- **Financial:** Managing money well.
- **Physical:** Having the energy to do what they want and need to do.
- **Community:** Liking and feeling safe where they live.



Most of the Survey centers on the best questions Gallup® has asked in their global wellbeing assessment over the last 50 years. The emotional dimension questions are exclusive to Magellan Healthcare and based on our 50 years of behavioral health experience.

From suffering and struggling to thriving

Thriving in each element of wellbeing has an additive effect on performance and health. Thriving employees are less likely to suffer burnout, absenteeism decreases, and productivity increases. They are also better problem solvers and innovators.

eMbrace provides the optimal balance of *high-tech* and *high-touch* services to help your employees move from struggling or suffering to thriving.



Ready to talk to someone about transforming your employee experience?
Visit MagellanHealthcare.com/eMbrace or email MHCinfo@MagellanHealth.com.