



Optimizing Productivity, Reducing Health Care Costs

Combining unparalleled expertise in understanding human behavior and motivating change, and introducing innovative interventions, Magellan's new NAVIGO suite of services produces powerful results including lowering health care costs and optimizing employee productivity.

NAVIGO is rooted in evidence-based clinical practices that emphasizes a member-centric approach empowering individuals, groups and organizations to determine their own unique paths to improved health, wellness and productivity. Once those paths are defined, NAVIGO harnesses the emotional dynamics of the intervention, and serves as the catalyst for positive and enduring change.

Magellan's NAVIGO suite of services include:

- Healthy Lifestyle Coaching
- Productivity Services
- Employee Assistance Program (EAP)

Healthy Lifestyle Coaching

From quick and easy online health risk questionnaires that deliver real-time results to motivational coaching from specially trained behavioral health professionals, Healthy Lifestyle Coaching empowers employees to develop their own personalized plans for nutrition, fitness, sleep, stress management and other lifestyle choices that impact health and well-being. Utilizing innovative motivation techniques, Healthy Lifestyle Coaching promotes lasting improvements in behaviors and health habits lowering the risk for developing or exacerbating costly chronic medical conditions.

Productivity Services

NAVIGO Productivity Services are designed to supercharge productivity and maximize workplace engagement through employee and employer-based services. Magellan helps organizations identify solutions to some of their most complex concerns and then provides the resources to remove the barriers that stand in the way of maximizing employee productivity. NAVIGO Productivity Services are custom designed and packaged to meet the unique needs of our customer organizations. The following are a few of the services that are in highest demand:

Employer Productivity Services:

- Absence Management
- Critical Incident Stress Management and Disaster Planning
- Compliance and Ethics
- Employee Retention and Recruitment

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Employee Productivity Services:

- Dependent Care Resource and Referral
- Geriatric Care Management
- Adoption Support
- Financial and Legal Services

Employee Assistance Program (EAP)

EAPs can save employers between five and 16 dollars for every dollar invested according to the United States Department of Labor.¹ Magellan's EAP model helps your employees address personal issues early minimizing the impact on workplace productivity and the need for further clinical assistance.

Magellan's NAVIGO EAP services deliver results that demonstrate:

- Reduced health insurance claims
- Productivity improvement
- Decreased work-related accidents
- Lower absenteeism and turnover

Designed to Meet Your Needs

NAVIGO by Magellan enables you to develop a comprehensive productivity, behavioral health and wellness package designed to meet the specific needs of your employees and your organization with the added benefit of having all of your services coordinated through one vendor.

For more information on how NAVIGO can help your organization realize more productive people and powerful results, contact your Magellan representative today.

1. "Performance Measures Support The Cost/Benefit Ratio Of EAPs," originally appeared in the May 2003 issue of Employee Assistance Program Management Letter. This information was reprinted with permission from American Business Publishing. Published monthly, © Employee Assistance Program Management Letter by American Business Publishing. Editorial Offices: 1913 Atlantic Avenue, Suite F4, Manasquan, NJ 08736, (888) 843-6242; fax (888) 329-6242; e-mail hpr@healthrespubs.com. Robert K. Jenkins, Publisher.