

Happy to Be Me!

When you feel good about yourself, life has no limitations!

Your Magellan program has up-to-the-minute information on life topics such as **health and wellness, relationships, parenting, stress management, financial planning** and almost **everything in between.**

Living life with no limits starts with the first step. Let us help you start living the life **you** want to live. Call or log on today.

www.MagellanHealth.com/member

Thursday, March 11, 2010

Staff and Faculty Colleagues:

Last Monday at the Faculty Senate, Senators listened to a presentation from the Wellness Program of the Human Resources Office of OU.

During that presentation, I learned of an Employee Assistance Program (EAP) available for Staff and Faculty at OU. I had never heard of the program before. I have an inkling that very few persons know of this program. Hence, I am posting the Poster handed out to Senators so that you can read about the EAP. This Magellan Health Services program is a separate and distinct service from the Health Insurance programs in which staff and faculty are enrolled. This EAP is an additional "wellness" benefit for staff and faculty.

You can learn more about the Magellan Health Services EAP by going to:

<http://healthysooners.ouhsc.edu/programs/Magellan.asp>

I quote two paragraphs from the EAP front page of its OU website.

"The Employee Assistance Program (EAP) provides professional and confidential help to faculty, staff, and their family members who are facing challenges. Just about everyone has challenges of one kind or another, at one time or another. Most people have had some experience with the kind of problems that make it difficult to think about anything else. These can be problems caused by alcoholism or drug abuse, financial problems, marriage or family concerns, worries about health, or difficulties at work. These are all good reasons to contact the EAP. Consider the EAP your first stop in seeking resources to tackle life's challenges."

"Free Service

"Neither you nor your family members will be charged for the assessment and referral service you receive from the EAP office. In most cases, additional counseling and treatment are partially covered by your employee health insurance."

Drew



Employee Assistance Program
1-800-327-2513



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Getting Better All the Time™