

Magellan Selects Healthyroads Coaching® to Improve Workforce Productivity Through Enhanced EAP Services

AVON, Conn.--(BUSINESS WIRE)-- Magellan Health Services, Inc. (NASDAQ: MGLN), an industry leader in behavioral health care management, has teamed up with Healthyroads, Inc., a subsidiary of American Specialty Health Incorporated (ASH), to help employers improve workplace productivity by enhancing the services available through its Employee Assistance Program (EAP). The Magellan Healthyroads® Program fully integrates the psychosocial resources of the EAP with lifestyle health and wellness tools to provide a comprehensive program that supports health for the total person and focuses on behavioral change across the health care continuum.

"Nothing impacts personal performance and productivity more than personal issues and unhealthy lifestyles," explained Christina Hause, senior vice president for sales and product development for Magellan's Commercial Behavioral Health group. "These everyday problems can soon translate into lost days from work, declining work quality, workplace conflicts, turnover and ultimately higher costs for members, employers and their insurance carriers. Often, personal issues and health status are a result of our behavior. Individuals who address behaviors through the support of EAP and lifestyle modification programs can potentially reduce health care costs and live happier, healthier lives in the long term."

The Magellan Healthyroads Program features a wide range of enhanced and optional services that can be integrated with a traditional Employee Assistance Program to reduce costs. They include:

- Magellan Healthyroads Online Tools, providing members with comprehensive, interactive prevention and wellness tools via a secure internet portal that is easily accessible 24 hours a day.
- Magellan Healthyroads Lifestyle Coaching Programs, providing members with ongoing support and telephonic coaching to aid individuals with making positive changes in their health and committing to those changes.
- Magellan Healthyroads Incentives®, rewarding members for engaging in physical activity, improving eating habits, completing a health risk assessment, participating in a biometric screening, completing preventive health check-ups and developing healthy habits.
- Magellan Healthyroads Worksite Wellness Programs, providing worksite biometric screenings at major work locations with brief coaching to members.

"According to the United States Department of Labor, EAPs can save employers between \$5-\$16 for every dollar they invest," Hause said. "By promoting healthier lifestyles and addressing barriers to change, we can further reduce health risk behaviors that may affect an employer's bottom line and help employees improve the quality of their lives."

About Magellan: Headquartered in Avon, Conn., Magellan Health Services, Inc., is a leading specialty health care management organization with expertise in managing behavioral health, radiology and specialty pharmaceuticals, as well as public sector pharmacy benefits programs. Magellan delivers innovative solutions to improve quality outcomes and optimize the cost of care for those we serve. Magellan's customers include health plans, employers and government agencies, serving approximately 31.5 million members in our behavioral health business, 18.5 million members in our radiology benefits management segment, and 4.9 million members in our medical pharmacy management product. In addition, the specialty pharmaceutical segment serves 41 health plans and several pharmaceutical manufacturers and state Medicaid programs. The Company's Medicaid Administration segment serves 25 states and the District of Columbia. For more information, visit www.MagellanHealth.com.

About ASH and Healthyroads: American Specialty Health Incorporated (ASH) is a national Total Health Management company that provides prevention and wellness services, specialty network management programs, and fitness and exercise services to health plans, insurance carriers, employer groups, and trust funds. Based in San Diego, ASH has more than 800 employees and serves over 25.9 million members.

Healthyroads, Inc. offers a wide range of prevention and wellness solutions—including award-winning telephone-based lifestyle and health coaching programs, member engagement promotion programs, program management, health risk assessment, biometric screenings, risk stratification, outreach, incentive management programs, competitive challenges, worksite wellness programs, and/or an integrated online wellness portal, Healthyroads.com. Healthyroads offers wellness and prevention programs to more than 6.1 million members nationally.

Healthyroads, Healthyroads Coaching and Healthyroads Incentives are registered trademarks of American Specialty Health Incorporated (ASH).

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Source: Magellan Health Services, Inc.

News Provided by Acquire Media

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