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Digital Therapy at Your Fingertips

Web-based therapy when you need it, where you need it

As your prescription benefits manager, Magellan Rx Management is dedicated to arming you with tools and resources to make better healthcare choices in a convenient way. Our Digital Cognitive Behavioral Therapy (DCBT) set of modules address a number of behavioral health conditions, such as insomnia, depression, anxiety, addiction, obsessive compulsion and chronic pain. While medications may help these conditions, our digital solutions also provide cognitive behavioral therapy through interactive sessions that are available anywhere and at any time. The programs are easy to access and easy to use.

Restore®

**Six Sessions
30-50 minutes
each**

Restore™ is an online program that helps people with insomnia in six short, easy sessions. You'll learn new skills including relaxation exercises, sleep restriction and mindfulness that promote better sleep.

MoodCalmer

**Four Sessions
20-40 minute
each**

MoodCalmer™ helps people manage depression in four easy, short sessions. You'll learn how to change harmful cycles of thoughts, feelings and behaviors.

FearFighter®

**Nine Sessions
30-50 minutes
each**

FearFighter™ can help you manage your anxiety, phobias and panic in nine sessions. In fact, using FearFighter can be as effective as going to a therapist.

ComfortAble™

**Seven Sessions
30-40 minutes
each**

ComfortAble™ helps people who find it difficult to work,

compulsions improve so that they can spend less time ritualizing and obsessing.