



On Demand Health Tools for your Members

Improved well-being for behavioral health conditions

At Magellan Rx Management, we are at the forefront of creating innovative clinical programs that improve health and reduce costs. That is why we offer our Computerized Cognitive Behavioral Therapy (CCBT) modules that help members address a number of behavioral health conditions, such as insomnia, depression, anxiety, addiction and obsessive compulsion. While medications may help these conditions, our online solutions also provide cognitive behavioral therapy through interactive sessions that are available anywhere and at any time. The programs are easy to access, easy to use and are proven effective.



Our Effective Programs

Restore™

**Six Sessions
30 to 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. Research has shown that it increases sleep time by 50 minutes per night.

MoodCalmer™

**Four Sessions
20 to 40 minutes each**

MoodCalmer™ helps people manage depression in four easy, short sessions. You'll learn how to change harmful cycles of thoughts, feelings and behaviors. This program has been proven to help reduce depression severity by 41%.

FearFighter™

**Nine Sessions
30 to 50 minutes each**

FearFighter™ can help you manage your anxiety, phobias and panic in nine sessions. People who use it have reduced their panic and phobia by 63%. In fact, using FearFighter can be as effective as going to a therapist.

Shade™

**Ten Sessions
30 to 50 minutes each**

Shade™ helps people reduce hazardous drug and alcohol use in both the short and long term. In just ten sessions, people who have participated in Shade have reduced hazardous drug and alcohol use by 44 to 58% after six months and by 72% after twelve months.

OCFighter™

**Nine Sessions
30-50 minutes each**

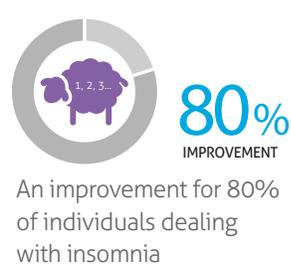
OCFighter™ helps people with obsessions and compulsions improve so that they can spend less time ritualizing and obsessing. People who use OCFighter have reduced the time spent on these activities by 3.4 hours per day.

Proven solutions to help members manage behavior health conditions

 <p>No appointment is needed! No waitlist!</p>	 <p>Members go at their own pace</p>	 <p>Confidential and secure</p>	 <p>Available anytime, anywhere at magellancbt.com</p>	 <p>24/7/365 support through telephone, text, and chat</p>	 <p>No insurance or payment necessary</p>	 <p>Available in English and Spanish</p>
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Magellan Health's Computerized Cognitive Behavioral Therapy Software Given Highest Rating by SAMHSA's Program Review

CCBT program matched or exceeded results reached by conventionally delivered cognitive behavioral therapy, including:



“We understand that technology will continue to play an increased role in our healthcare ecosystem, and we are committed to leveraging technology in new and exciting ways to improve the health and wellness of those we serve.”

- Dr. Seth Feuerstein, Chief Medical Officer,
Medical and Digital Innovation, Magellan Health

<http://www.businesswire.com/news/home/20160307006039/en/Magellan-Health's-Computerized-Cognitive-Behavioral-Therapy-Software>

Learn More about Magellan Rx Management Today

At Magellan Rx Management, we focus on innovative clinical programs that improve health and reduce costs. To learn more about our Computerized Cognitive Behavioral Therapy (CCBT) modules contact us today at 800.659.4112 or visit magellanrx.com to learn more.