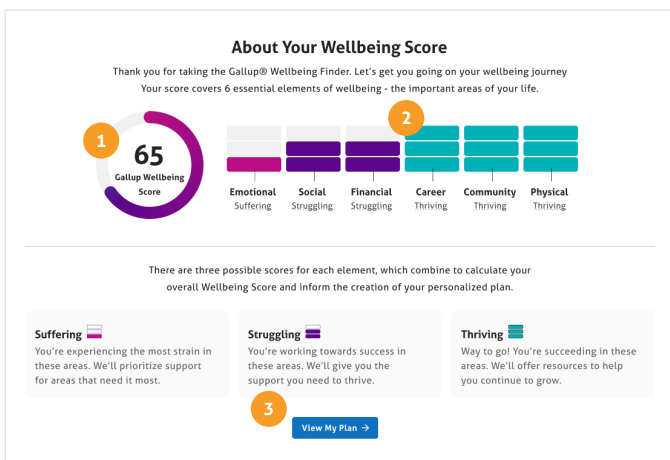




Understanding your Survey results

You've taken the Gallup® Wellbeing Survey and received your results. Now what? What do they mean, and what should you do next?



1 Your total wellbeing score

Your total wellbeing score is a single number that shows how you're feeling about your life across all six essential elements of wellbeing.

Wellbeing Continuum



Your answers to the 61 questions are calculated to arrive at one score from zero to 100. Your score indicates where your total wellbeing falls across the suffering-struggling-thriving continuum.

3 What to do next

Click on the "View My Plan" button at the bottom of your results. You'll be taken to your eMbrace+ personalized plan, which lists all the recommendations to move to thriving in each area. As you work through the recommendations, you'll mark them complete. Once all the activities are checked off, you'll be prompted to take the Survey again. If you've followed your plan, you should see improvement in your total wellbeing!

Visit Member.MagellanHealthcare.com to get started today.

2 Your score for each essential element

You also have a score for each one of the six essential elements of wellbeing: emotional, career, social, financial, physical and community. The scores will show whether you are suffering, struggling or thriving in each area.

- **Suffering:** You're experiencing the most strain in these areas. Your personalized plan will recommend actions for these areas first.
- **Struggling:** You're working toward success in these areas. Your personalized plan will recommend ways to thrive in these areas.
- **Thriving:** You're doing great in these areas. Your personalized plan will recommend ways to stay that way.