

MRx Navigate

Improving employee health and well-being

In partnership with EMI Health, Magellan Rx Management has developed MRx Navigate to help your employees live healthier, more vibrant lives. Our suite of clinical programs promote lower costs and improve outcomes by empowering individuals to take an active role in managing their health.

Our team of wellness experts collaborate with individuals across all spectrums of care to help them make lifestyle changes to reduce risk of chronic disease such as; diabetes, high cholesterol, high blood pressure and heart disease.

Get Started

Start by assessing the needs of your group and partnering with one of our MRx Navigate team members to help you customize the programs to meet your needs.

To learn more, Contact us at **801-503-0674** or **wellness@magellanhealth.com**.

PROGRAMS



ONSITE:

- Biometric Screenings
- Flu Shot Clinics
- Mobile Mammograms
- Wellness Seminars



VIRTUAL:

- Wellness Coaching
- Online Health Risk Assessment
- Wellness Challenges
- Wellness Newsletters
- Digital Tools
- Wellness Webinars

Wellness programs that focus on prevention and lifestyle are shown to reduce health risk, absenteeism, and increase productivity all the while reducing medical costs by ~\$1.50 per \$1 spent on the program.¹

1. Mattke, S., Dr. (2014). Do Wellness Programs Save Employers Money? Health Affairs, 33(No. 1), 124-131. Retrieved November 30, 2017, from www.rand.org/t/RR254.

PROGRAMS	DESCRIPTION	INFORMATION
Biometric Health Screenings	<p>This 15-minute screening includes blood pressure, cholesterol, glucose, and BMI, completed at your workplace. Participants have access to a confidential health report and employer groups receive a group aggregate report that captures overall areas of opportunity and success.</p> <p>Groups smaller than 20 participants, we offer a physician health form which can be filled out by their doctor and followed up with by a wellness coach to go over their health report.</p>	<ul style="list-style-type: none"> • One event per year included at no additional cost for EMI Health members and dependents 18 + years old to attend • \$55 per participant for additional events • 20 participant minimum • Refer to the Terms and Conditions guidelines for more details • Only EMI members are eligible for Biometric Health Screenings. Additional screenings for non-EMI members can be discussed and billed through Axum.
Flu Shot Clinics	<p>Help you and your employees prevent the severity of the influenza virus and helps decrease sick days. Our team helps coordinate high quality administration of flu shot clinics in the convenience of your workplace.</p>	<ul style="list-style-type: none"> • Covered at 100% under preventive care for all EMI Health members • 20 participant minimum • Refer to the Terms and Conditions guidelines for more details
Mobile Mammograms	<p>Mammograms are one of the most effective tools for early breast cancer detection. Our team helps coordinate a state of the art service in the convenience of your workplace. Services are privately performed by certified technicians and reviewed by licensed radiologists.</p>	<ul style="list-style-type: none"> • Covered at 100% under preventive care for all EMI Health members (based on age and family history) • Contact us for minimums required
Wellness Seminars	<p>Educational presentations delivered by highly-trained wellness coaches. Choose from a variety of topics, select a time and date that works best for your team.</p>	<ul style="list-style-type: none"> • 20 participant minimum • Virtual webinars available for small groups and rural locations • Refer to the Terms and Conditions guidelines for more details
Wellness Challenges	<p>Keep employees moving, laughing, playing and enjoying where they work. We provide you with a toolkit to facilitate wellness challenges at your workplace.</p>	<ul style="list-style-type: none"> • No additional cost
Wellness Coaching	<p>Our coaches use Intrinsic Coaching® and Motivational Interviewing® techniques to empower and support individuals. Lasting from six to eight weeks, our team works one-on-one to conduct personalized and dedicated telephonic coaching to improve health and well-being. Areas of focus include health eating, physical activity, stress management, tobacco cessation, sleep and weight management.</p> <p>We also offer a Diabetes Prevention Program. For more information see additional handouts for enrollment and overview.</p> <p>All wellness coaching can be accessed through our wellness app, blog, or email.</p>	<ul style="list-style-type: none"> • No additional cost
Health Risk Assessment	<p>After completing a biometric health screening, participants have access to complete an online lifestyle assessment that provides information and recommendations about risks.</p>	<ul style="list-style-type: none"> • No additional cost • Add-on option to biometric health screening for all screening participants