

On To Better Health

Self-help tools and resources at your fingertips

On to Better Health gives you online access to self-help tools and resources proven to help people get better and feel better. Complete guided therapy programs to change unhelpful thoughts and behaviors. Read health and wellness articles. Chat online with a clinician, or schedule a virtual therapy session. All of the tools and resources are easy to use, confidential and available 24/7!*

On To Better Health helps you:

- Identify your needs – by answering a few questions, a personal health plan is created just for you
- Get help through digital cognitive behavioral therapy for common challenges such as:
 - Insomnia
 - Depression
 - Anxiety
 - Obsessions or compulsions
 - Alcohol or substance use
 - Chronic pain
- Read helpful tips and articles based on your interests and health needs
- Chat with a clinician about goals and progress
- Schedule an online therapy session with a licensed therapist or psychiatrist

To access the programs:

- Go to **www.ontobetterhealth.com/php** and sign in to your account.
- View your list of recommended programs.
- Click the *Launch Program* button to start a module.
- Browse through thousands of library articles, resources and self-assessments.

*Sometimes it's hard to find time for yourself or get help when you do find time.
On To Better Health is there when and where you want it. Get started today!*

*You may not have access to all of the features. IF YOU HAVE A MEDICAL EMERGENCY, IMMEDIATELY CALL 911 TO GET PROMPT MEDICAL ATTENTION. The information on this website is not to be construed as medical advice or recommendations or as a substitute for professional medical advice and is not a substitute for consultation with a qualified physician. You should consult with a physician or other healthcare professional for any healthcare concerns including without limitation before you take any prescription or over the counter drugs. The information provided on this website does not replace the relationship that exists between patients and their physicians or other healthcare professionals. Never disregard your physician's or other healthcare provider's advice or delay seeking their advice as a result of anything you have read on this website. All materials and information contained herein is provided "as is" and is for educational purposes only. Reliance on any information provided on this website or otherwise from Magellan Health, Inc. and its subsidiaries and affiliates ("Magellan") is solely at your own risk.