



## Wellbeing Coaching vs. Counseling

# What is the difference?

Everyone experiences ups and downs in life, and there are times when seeking guidance is one of the best ways to help you get back on track. Your program offers Wellbeing Coaching and Counseling services for times like these. Learn more to determine the best one to meet your needs.

<b>Wellbeing Coaching</b>	<b>VS</b>	<b>Counseling</b>
Coaching focuses on the present and the future. Certified coaches use a structured approach to help you define your goals, identify obstacles, develop action-based solutions and be accountable to achieve your goals.		Counseling helps you navigate challenging life circumstances. Licensed counselors offer support and guidance to help you learn and practice new ways of coping to improve your mental health and get back on track with your life.
Up to six sessions per year	<i>Number of sessions</i>	Up to 8 sessions per issue, per year
Typically, up to 45 minutes	<i>Duration of sessions</i>	Typically, up to 60 minutes
By phone or video	<i>Access options</i>	In-person or virtual by phone, video, live chat or text message as available and appropriate
Support for stress reduction, work-life balance, motivation and productivity, professional and personal development, and health and wellbeing goals.	<i>Focus areas</i>	Support for anxiety, depression, grief, relationship concerns, substance misuse, trauma and more.
Certified wellbeing coach	<i>Professional credentials</i>	Licensed clinician

### Benefits of coaching and counseling

**Personal**—Coaching and counseling sessions are personalized to your unique situation and experience.

**Convenient**—You and your household members have access to both coaches and counselors, free of charge.

**Confidential**—All services are confidential. Information, including utilization, is not reported to your employer.



Ready to get started? Scan the QR code to visit your Employee Assistance Program member website, [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or call 1-800-523-5668 (TTY 711).