

Digital Therapy at Your Fingertips

Web-based therapy when you need it, where you need it

As your prescription benefits manager, Magellan Rx Management is dedicated to arming you with tools and resources to make better healthcare choices in a convenient way. Our Digital Cognitive Behavioral Therapy (DCBT) set of modules address a number of behavioral health conditions, such as insomnia, depression, anxiety, addiction, obsessive compulsion and chronic pain. While medications may help these conditions, our digital solutions also provide cognitive behavioral therapy through interactive sessions that are available anywhere and at any time. The programs are easy to access and easy to use.

Program Benefits

- No appointment is needed! No waitlist!
- Go at your own pace
- Confidential and secure
- Available anytime, anywhere
- No insurance or payment necessary
- Available in English and Spanish

Our Programs

Restore[®]

Six Sessions
30-50 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.

50
MINUTES
extra sleep
per night

MoodCalmer

Four Sessions
20-40 minute
each

MoodCalmer[™] helps people manage depression in four easy, short sessions. You'll learn how to change harmful cycles of thoughts, feelings and behaviors.

41%
REDUCTION
in depression
severity

FearFighter[®]

Nine Sessions
30-50 minutes
each

FearFighter[™] can help you manage your anxiety, phobias and panic in nine sessions. In fact, using FearFighter can be as effective as going to a therapist.

63%
REDUCTION
in panic
and phobia

Shade

Ten Sessions
30-50 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 seen positive results.

72%
REDUCTION
in drug and
alcohol use after
12 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.

>3 HOUR
REDUCTION
in obsessions and
compulsions
per day

ComfortAble[™]

Seven Sessions
30-40 minutes
each

ComfortAble[™] helps people who find it difficult to work, play, or even take care of themselves due to chronic pain. You'll learn new skills including new exercises and relaxation tips.

7
SESSIONS
to prevent pain

Get Started Today

Simply sign in at magellanrx.com/member/login/. Next, select the program that works best for you and start the sessions at your own pace - it's that easy!