

Navigating Anxiety



Anxiety is a normal response to stress. But it can also affect your daily life. Learn its causes. You can understand and recognise anxiety.



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Website

<http://www.magellanhealth.com/global>
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Book an Appointment

Log on to your member website to schedule an appointment.



iConnectYou

Download the member app and register using the passcode:
98119

SUPPORT IS AVAILABLE 24 HOURS PER DAY, 7 DAYS PER WEEK

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