

2019

Member Engagement Campaign

Magellan's new and improved monthly member newsletter provides a holistic approach to employee and manager health and wellness. The newsletter features timely and relevant articles and insights about how to get the most out of your daily life.

Monthly Newsletter

Theme: unique, timely and relevant topic

Featured article: emotional health information to encourage individuals to make positive changes in their lives

Live webinar: based on monthly theme, presented by subject matter experts

Mind Your Mental Health: education, tools and resources to help members learn practical ways to improve their mental health and understand how to help others

Daily Diligence: tips to help members improve and keep up-to-date with their day-to-day activities

Working on Wellness: simple and doable strategies to eat better, move more and live happier

Newsletter Content:

- Momentum**
Building mental health awareness
- Go online to access more information!
- Featured article: **Mental health affects everyone**
- Webinar: **Webinar**— Lorem ipsum dolor sit amet, consectetur adipiscing elit. Curabitur pretium vestibulum est, et ornare erat faucibus id. Ut nisi accumsan vitae. Register [here](#)
- Log on to [MagellanAscend.com](#) today!
- Magellan HEALTHCARE
- Infographic stat
- Magellan HEALTHCARE

Monthly themes

January: Getting the most out of your program

February: Accepting yourself and others

March: Financial wellness
Program basics for managers (Managers)

April: Relationship money management

May: Finding balance

June: Bringing out the best in others
Effective performance management (Managers)

July: Managing work-life stress

August: Resiliency in children

September: Avoiding workplace burnout
Creating an inclusive workplace (Managers)

October: Coping with change

November: Caring for caregivers

December: Mindfulness and eating
Leading through change (Managers)