

**WELLBEING TIP: Find good in every day. Be present in what you do. Pay attention to what you eat. Get some daily exercise. Keep a clean, clutter-free space.**



Scan the QR code to visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or call your Employee Assistance Program at 1-800-356-7089 (TTY 711) for helpful resources.