

Momentum



Join our webinar on Wednesday, September 11, 2024 at 1:00 p.m. CT: *Social drinking versus problem drinking: What's the difference?* Review the symptoms of problem alcohol use, plus how to cope and recover if you're using alcohol excessively. Scan the QR code to [register now](#).

Substance misuse

Substance abuse difficulties don't discriminate. People of all ages and walks of life struggle with drug and/or alcohol use at times. Recognizing the problem and taking active steps toward recovery are vital.

- One of the key warning signs of a substance use problem is when you continue to use drugs or alcohol even after troubling incidents result from your substance use; you haven't yet acknowledged the consequences of abuse.
- Health professionals such as doctors, physician assistants and counselors can diagnose substance use problems. Your provider will ask questions about your symptoms and history of substance use, and may perform a physical exam.
- If a substance use condition is diagnosed, you may need treatment such as medically monitored drug/alcohol rehabilitation in a physician office setting or addiction treatment facility, residential or day treatment, and/or outpatient care.
- Participating in ongoing relapse support groups helps people stay on track in their recovery.



Counseling*

Need some expert help with a personal, work or health issue? No cost, confidential counseling services can help you cope. Our licensed providers address everything from stress and anxiety to self-esteem issues, relationship conflicts, career difficulties and more. Get counseling in-person or virtually. Visit your [member website](#) to learn more.

**If available through your program.*

Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or go online to Member.MagellanHealthcare.com (enter Principal Core) for confidential, no cost help available 24/7/365 for you and your household members.

Mind Your Mental Health

Suicide Prevention Awareness Month

This is a good time to pause and reflect on the health and wellness of those around us, and to be aware of how someone at risk for suicide may need another person to intervene on their behalf.

Here's some information about recognizing risks and preventing suicide.

- More than 50,000 Americans died by suicide in 2023—more than in any year to date.
- People with suicidal thoughts are usually struggling with a painful life situation. As their distress worsens, they may develop "tunnel vision," believing suicide is the only solution.
- Use of alcohol or opioid medications significantly increases suicidal risk.
- Spot the signs: People in distress may withdraw from others, speak about death, show stark personality changes, lose interest in activities and appear depressed.
- Listen closely to and take seriously what a troubled individual is saying. Don't act shocked—or be critical or judgmental—if they mention ending their life.
- If any level of risk seems present, contact 911 or the 988 Suicide & Crisis Lifeline.

Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

Working on Wellbeing

Physical wellbeing – Fitting physical activity into your day

- Finding time for exercise can sometimes feel like a lost cause. Try being active in small chunks! At home, take daytime walks or bike rides. Mow the lawn, wash the car or clean out the garage. Walk the dog or play frisbee.
- At work, use the stairs instead of the elevator. Take short walks during your breaks, and hold walking meetings with colleagues. Regularly stand up and stretch at your desk.

Money Matters

September 2024 financial webinars

Planning for College 101

September 10th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Financing a college education is a big task. This webinar explores things you may need to know about funding education including how to apply for federal and state financial aid, scholarships and grants, and other effective funding options like 529 plans. The class will also touch on budgeting for college expenses. Whether you're supporting a loved one or you're a student yourself, this event can help.

Employee Benefits: Smart Choices, Brighter Future

September 26th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Choosing employee benefits is an important part of building a financial action plan. This event will look at different types of employee benefits and review the pros and cons of available options. Get tips on maximizing your benefits like tax-advantaged accounts and matching contributions. Whether you're starting a new job or reevaluating your current benefits, this event can help you make informed decisions.

Sources: National Institutes of Health/National Library of Medicine, Healthwise