



Magellan
HEALTHCARE®

Prioritize sleep to boost your wellbeing



Adequate sleep is vital to both your physical and mental health, and is a key component of your overall wellbeing. Join our live webinar on Wednesday, March 12, 2025 at 1:00 p.m. CT. Scan the QR code to [register now](#).

You'll learn the following valuable information from this webinar:

- The critical role sleep plays in mental and physical health.
- Signs and symptoms of poor sleep.
- Basic ways to improve your bedtime routines (sleep hygiene).

The webinar will be recorded and posted on your Employee Assistance Program website, Member.MagellanHealthcare.com (enter Principal Core).