



Momentum



Join our webinar, *Recognize the Influence of Artificial Intelligence and Social Media on Mental Health*, on Wednesday, May 14, 2025 at 1:00 p.m. CT. Learn about technology overuse and its effects on mental health. Scan the QR code to [register now](#).

Practice healthy social media use

It is well known that dependence on social media can have a harmful impact on your mental health. Whether you have been adversely impacted or not, it is important to maintain a self-protective, healthy approach to your social media life.

- Remember that your self-worth is not measurable online and should not be compared to other people's.
- If you are feeling "addicted" to certain apps, set a time limit for using them.
- Log off your devices at least an hour before bedtime. Blue light from screens stimulates parts of the brain that keep us alert when we should be winding down.
- If you routinely run into individuals and sources that bring you down, unfollow them.
- Be careful with artificial intelligence, as it has limitations that can cause inaccurate and biased results.
- Take breaks from screen time. You will be creating more time for enriching, real-world experiences.



Identity Theft Resolution*

Social media use can increase the risk of identity theft. Oversharing personal information, weak privacy settings and falling for scams or phishing attacks can make it easier for cybercriminals to steal identities. If you suspect that you may be a victim of identity theft, call your program and ask to be connected to a Fraud Resolution Specialist™ (FRS). An FRS can help you restore your identity and good credit. 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

May is Mental Health Awareness Month

This observance aims to reduce the stigma surrounding mental health conditions by promoting understanding across all ages and life stages. Too often, people hesitate to share their struggles or seek help due to fear of judgment. Understanding mental health trends across different age groups is crucial for effective support and intervention.

- **Children & Adolescents (Ages 3 – 17):** 10% have diagnosed anxiety disorders; 7% have behavior disorders.
- **Adolescents & Young Adults (Ages 10 – 24):** 1 in 7 teens globally experiences a mental disorder; 50% of conditions begin by age 14, 75% by age 24.
- **Young Adults (Ages 18 – 25):** Highest prevalence of serious mental illness (SMI) at 11.6%.
- **Adults (Ages 26 – 49):** 7.6% experience SMI, with higher rates among females.
- **Older Adults (Ages 50+):** 20% face mental health concerns, most commonly depression and anxiety.

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

Working on Wellbeing

Enhancing social wellbeing

- Social wellbeing is built on meaningful and supportive relationships. Strengthen your connections by engaging in genuine conversations, expressing interest in others' experiences, actively listening and offering encouragement.
- The people around you have a profound impact on your wellbeing. Cultivate a positive environment by treating others with kindness and respect, embracing differences and nurturing relationships. Prioritize time for social gatherings, shared experiences and leisure activities with friends and family to create lasting bonds.

Money Matters

May 2025 financial webinars

Retirement: Early Career Decisions

May 13th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

A critical first step toward a solid retirement plan is creating and establishing savings goals. Knowing there are many competing needs for the dollars you save, this seminar will review goal-setting strategies that can help you stay on track. Learn about estimating how much you may need to save by the time you retire, calculating the amount to invest each month, the power of compounding, and retirement account options.

MSA Insights

May 22nd. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches, and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Are you ready to build the financial future you've always wanted?