

Monthly Newsletter

Magellan
HEALTHCARE.



WHAT'S NEW?



SPOTLIGHT MAGELLAN: GET TO KNOW KRISTA WORKMAN



This month, we're shining the spotlight on Krista Workman, senior director, claims optimization, at Magellan Healthcare. In this feature, discover:



WHAT ELSE?



MAGELLAN INSIGHTS BLOG



**CRISIS
Connect
360**

Strengthening crisis care requires more than individual programs. It requires a connected system with clear accountability, seamless coordination, and data transparency leaders can trust.

Our new Q&A, [Magellan Crisis Connect 360: Closing gaps in crisis care](#), explores how [Magellan Crisis Connect 360](#) supports states in building resilient crisis systems

- Her favorite weekend getaway spots and how she recharges outside of work
- The book that's making an impact and why it resonates with her
- Her go-to monthly refresh ritual for staying energized
- The thinking behind her 95/5 rule and how it shapes her approach
- The dish she loves her husband to make and why it's a favorite

[Get to know Krista!](#)

2025 MILITARY HEALTH AND PRODUCTIVITY SOLUTIONS PROVIDER OF THE YEAR

Magellan Federal has been named 2025 Military Health and Productivity Solutions Provider of the Year by *Aerospace & Defense Review*. This recognition honors decades of service in delivering human-first behavioral health, wellness, and productivity solutions that strengthen mission readiness and resilience for service members, veterans, and federal families nationwide.

rooted in community-based care and evidence-based practices.

[Explore the full conversation.](#)

MIND YOUR MENTAL HEALTH: JANUARY IS MENTAL WELLBEING MONTH



Mental Wellbeing Month asserts being mentally healthy is a vital part of your overall wellness. Just as it's important to monitor markers of your physical health, such as blood pressure or cholesterol levels, you should keep careful track of your emotional wellbeing. This can include your moods, ability to function socially, energy levels, and ability to respond to challenges.

- **Practice mindfulness** by slowing down during your day to fully experience the present moment. Take stock of how you're feeling and let go of stress.



FOLLOW US ON SOCIAL MEDIA!

We share valuable content daily!

From wellness insights and tips to inspiring stories and community updates, our channels keep you informed, provide helpful resources and show how we're supporting whole-person care.

Stay in the know—follow us on:



- **Seek professional help** if you experience ongoing feelings of sadness or hopelessness, loss of energy, insomnia, early awakening, oversleeping, or restlessness, and irritability.
- **Schedule meaningful activities** each day, such as creative hobbies, that are important to you. Identify and work into your routine the activities that reliably help you relax and recharge.

Visit the [Mind Your Mental Health](#) webpage for more mental health resources.

SPREAD THE WORD!

Enjoy reading our monthly newsletter? Your friends, family, and colleagues may too!

Please feel free to forward this email and visit our [newsletter archive](#).