

SEPTEMBER
2026

Momentum

Join our live webinar, *Change Management for Leaders,* on Wednesday, September 23, 2026, at 1 p.m. CT. We'll break down the elements of change management and how they relate to your role as a change champion. Scan the QR code to register now.

Remain agile through change

Leading through change requires more than adopting new tools. It demands that you guide your team with clarity and confidence. As technology evolves, managers play a critical role in translating change into productivity gains.

- **Focus on tools that streamline** collaboration, automate routine work and keep everyone aligned in real time.
- **Communicate early and often,** connecting new systems to team goals and daily impact.
- **Encourage feedback** and create space for experimentation so your team feels empowered, not overwhelmed.

Agility is not just operational. It is cultural. By modeling adaptability and supporting continuous learning, you help your team turn uncertainty into opportunity and maintain momentum through every shift.



Identity Theft Resolution*

The unauthorized use of your credit cards, bank accounts or your personal information can lead to serious financial and legal problems. Visit the Identity Theft Resolution page on your member website to learn prevention tips and how these services can help restore your credit if you have an issue.

**If available through your program.*

Contact your Employee Assistance Program or go online to Member.MagellanHealthcare.com for confidential, no cost help available 24/7/365 for you and your household members.

Magellan HEALTHCARE®

Mind Your Mental Health

Strike a healthy balance

While technology enables efficiency, it also introduces new pressures for leaders and their teams. Constant connectivity can contribute to information overload, reduced focus and blurred boundaries between work and personal time.

- **Model and encourage intentional pauses:** Encourage short screen breaks to reset focus and reduce strain.
- **Promote focused work:** Help your team prioritize effectively and create space for focused, meaningful work.
- **Set and reinforce clear boundaries:** Define availability and expectations to limit an always-on culture.
- **Protect team capacity and wellbeing:** Promote tools and habits that support healthy, sustainable performance and work patterns

Balancing engagement with disconnection is essential. Technology should support your team's success, not fragment attention or erode wellbeing.

Working on career wellbeing

As skills that were once specialized become more accessible and new competencies emerge, leaders must take an intentional, forward approach to technology.

- **Champion digital fluency:** Build a working knowledge of the core tools your team uses. Set expectations and create opportunities for employees to adopt and use them confidently and responsibly.
- **Elevate human-centered leadership skills:** Your value as a leader lies in what technology cannot replace. Focus on developing strategic thinking, sound judgment, clear communication and adaptability.
- **Anticipate change:** Staying informed about industry, technology and workforce trends enables you to lead proactively. Continuously scan the horizon and translate emerging trends into actionable insights.

Financial wellbeing webinars

Retirement: Early Career Decisions

September 8. 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 money you save, we'll 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

September 24. 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. Ready to build the financial future you've always wanted?

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