

## Magellan 2014 Your Source Campaigns – MEMBER

Access Magellan’s campaigns to be empowered, learn ways to enjoy life more, and identify opportunities for improvements at home and work. Campaigns are located on [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) under the *In the Spotlight* section. Access it today and throughout the year, and share with your family members! There will be member material provided every month based on the topics below.

Month	Audience	Theme	Theme Highlights	Live Webinars	Webinar Topics/speakers
January	Members	<b>Healthy Habits</b>	<ul style="list-style-type: none"> <li>Kick the year off right</li> <li>Get back to being healthy</li> <li>Exercise and Nutrition</li> </ul>	<b>January 8, 2014</b> <b>1-2pm central</b>	Sticking to your Health and Wellness Goals <a href="#">Register Here</a>
February	Members	<b>Eating Disorders</b>	<ul style="list-style-type: none"> <li>About eating disorders</li> <li>Body image and self-esteem</li> <li>Teens and body image</li> </ul>	<b>February 12, 2014</b> <b>1-2pm central</b>	Emotional Over-eating <a href="#">Register Here</a>
March	Members	<b>Money habits</b>	<ul style="list-style-type: none"> <li>Budgeting</li> <li>Children and money</li> <li>Big wins with big savings</li> </ul>	<b>March 12, 2014</b> <b>1-2pm central</b>	Money Basics <a href="#">Register Here</a>
April	Members	<b>Stress</b>	<ul style="list-style-type: none"> <li>How to manage stress</li> <li>Stress with teens and children</li> <li>Impacts on a relationship</li> </ul>	<b>April 9, 2014</b> <b>1-2pm central</b>	Sleep and Stress <a href="#">Register Here</a>
May	Members	<b>Caregiving</b>	<ul style="list-style-type: none"> <li>Finding a balance</li> <li>Focus on you</li> </ul>	<b>May 14, 2014</b> <b>1-2pm central</b>	The Sandwich Generation <a href="#">Register Here</a>
June	Members	<b>Healthy Aging</b>	<ul style="list-style-type: none"> <li>Healthy at any age</li> <li>Focus on your future</li> <li>You and your family</li> </ul>	<b>June 11, 2014</b> <b>1-2pm central</b>	Healthy Aging and the Brain <a href="#">Register Here</a>
July	Members	<b>Resiliency</b>	<ul style="list-style-type: none"> <li>Making Adjustments</li> <li>Coping skills</li> <li>Change management</li> </ul>	<b>July 9, 2014</b> <b>1-2pm central</b>	Importance of a Positive Outlook <a href="#">Register Here</a>
August	Members	<b>Work-life Balance</b>	<ul style="list-style-type: none"> <li>Finding a balance</li> <li>Dealing with life transitions</li> </ul>	<b>August 13, 2014</b> <b>1-2pm central</b>	Managing your Energy for Better Work-life Balance <a href="#">Register Here</a>
September	Members	<b>Addiction</b>	<ul style="list-style-type: none"> <li>Warning signs</li> <li>Workplace impact</li> <li>Family impact</li> </ul>	<b>September 10, 2014</b> <b>1-2pm central</b>	When Someone You Love has an Addiction <a href="#">Register Here</a>
October	Members	<b>Bullying Awareness</b>	<ul style="list-style-type: none"> <li>At work</li> <li>At school</li> <li>Technology and bullying</li> </ul>	<b>October 8, 2014</b> <b>1-2pm central</b>	Bullying Awareness <a href="#">Register Here</a>
November	Members	<b>Relationships</b>	<ul style="list-style-type: none"> <li>Family dynamics</li> <li>Friends</li> <li>Effective communication</li> </ul>	<b>November 12, 2014</b> <b>1-2pm central</b>	Enhance Your Relationships with Better Communication <a href="#">Register Here</a>
December	Members	<b>Holiday Survival</b>	<ul style="list-style-type: none"> <li>Family stress at the holidays</li> <li>Depression during this time of year</li> <li>Take time to enjoy it</li> </ul>	<b>December 10, 2014</b> <b>1-2pm central</b>	Holiday Survival <a href="#">Register Here</a>

## Magellan 2014 *Your Source* Campaigns – MANAGERS

Quarterly newsletters and posters will be provided throughout 2014. There will be a separate webinar that focuses on management topics. These webinars are available online only. There will not be a separate call-in telephone number provided.

Month	Audience	Theme	Theme Highlights	Live Webinars	Webinar Topics/speakers
March	Managers	<b>Common Workplace Issues</b>	<ul style="list-style-type: none"> <li>• Absenteeism</li> <li>• Performance decline</li> <li>• Aberrant behavior</li> </ul>	<b>March 26, 2014</b> <b>1-2pm central</b>	Addressing Problem Behaviors in the Workplace <a href="#">Register Here</a>
June	Managers	<b>Conflict Resolution</b>	<ul style="list-style-type: none"> <li>• How to approach conflict</li> <li>• Ways to solve conflicts</li> <li>• Managing conflict</li> </ul>	<b>June 25, 2014</b> <b>1-2pm central</b>	Resolving Workplace Conflicts <a href="#">Register Here</a>
September	Managers	<b>Constructive Communication</b>	<ul style="list-style-type: none"> <li>• Workplace communication</li> <li>• Enhancing communication</li> <li>• Working together effectively</li> </ul>	<b>September 24, 2014</b> <b>1-2pm central</b>	Performance Feedback <a href="#">Register Here</a>
December	Managers	<b>Team Building</b>	<ul style="list-style-type: none"> <li>• Building a strong team</li> <li>• Workplace relationships</li> <li>• The importance of team work</li> </ul>	<b>December 3, 2014</b> <b>1-2pm central</b>	Teambuilding: Bring employees together <a href="#">Register Here</a>