



Momentum

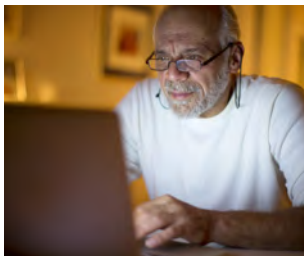


Live Webinar—Join us Wednesday, February 8 for *Maintaining Positive Relationships*, a webinar about creating more positive connections at home and work. Register [here](#).

Healthy relationships

You've probably noticed that if the relationships in any part of your life become unhealthy, your day can feel tough. Fortunately, you can improve relationships at home, work, school and elsewhere in the community. Try these tips to strengthen your connections.

- First, treat others with kindness and respect, just as you'd like to be treated (i.e., the Golden Rule).
- Show interest in and appreciation for others. Ask people questions about their activities, and express encouragement and admiration for their efforts.
- Expand your circle of friends so you don't miss out on the great diversity of people all around you.
- Always work at relationship building. For example, offer an unexpected kindness or strike up a conversation with someone at work who's new to you.
- Listen actively, without distraction, so you understand the concerns, needs and priorities of others in your life.



Legal Services

Are you battling a stressful legal issue? Your program offers free or low-cost legal services in areas such as divorce, bankruptcy, property and custody disputes, wills, estates, living trusts and more. Receive one free 60-minute consultation per issue, per year on the phone or in-person with an attorney or mediation expert. Visit your member website to get started.

Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or go online to MagellanAscend.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

February is National Cancer Prevention Month

When a cancer diagnosis is made, feelings of anxiety, stress and confusion are virtually impossible to avoid. The path ahead may seem confusing and scary, but there are steps you can take to deal with your emotions.

- Don't hold it in. Tell a family member or good friend that you're feeling anxious. Sometimes just talking about it makes it feel less overwhelming.
- Join a support group. It helps to connect with people who are going through the same things you are.
- In addition to getting treatment, take good care of yourself. Do things that you enjoy and find ways to relax.
- If depression hinders your daily activities and nothing seems to help, consider speaking with a professional.
- If you haven't been diagnosed with cancer, ask your doctor which cancer screening tests are recommended for someone your age.

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

Working on Wellbeing

Improve your social wellbeing with positive relationships

- Your social wellbeing is dramatically influenced by the people around you. Some of these relationships help you achieve, while others motivate you to be healthy.
- Not only do positive relationships give us a sense of community, belongingness and support, they also give an opportunity to improve communication and care for others.
- Carve out time to surround yourself with trusted friends and family who accept you for who you are, give you energy and treat you with respect. Give someone a call, or write or email them and let them know you would like to be in touch more often.

Money Matters

February 2023 financial webinars

Understanding Tax Returns

Tuesday, February 14. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)
There's more to tax season than "How much is my refund?" or "How much do I owe?" In this webinar, learn how income tax is calculated, types of adjustments/ deductions, and tax reduction strategies. Review current tax law changes and how to avoid common mistakes.

Retirement Planning: Getting Started

Thursday, February 23. Register here: [9 a.m. PT](#) | [12 p.m. PT](#)
Whether you're a career newbie or veteran, it's vital to establish a savings goal. Knowing there'll be competing needs for the dollars you save, review goal-setting strategies to help you stay on track. Also examine common types of productive investment accounts.