



Momentum



Join the live webinar, *Balancing Your Financial and Emotional Wellbeing*, on March 13, 2024 at 1:00 p.m. CT. Learn how to handle money challenges like inflation, household expenses and debt. Scan the QR code to [register now](#).

Financial and emotional wellbeing

Did you know that more than 40% of American adults say that money negatively affects their mental health—leading to stress, anxiety and feelings of insecurity? It's clear that money challenges and emotions are closely linked.

Here are some tips to help you improve your financial and emotional wellbeing.

- Set positive goals. Write down where you want to be with finances in one month, six months, a year and even five years.
- Use a budget tracker. Monitor your spending habits and identify unnecessary expenses.
- Make a plan. Work to have one month worth of expenses banked for emergencies by a specific date.
- Seek help. Your program offers a Money Coach who can help you develop a stress-relieving debt reduction strategy.



Financial wellbeing*

Financial concerns can be confusing and overwhelming. To help get your finances on track, you can take advantage of an experienced, certified Money Coach who provides personalized financial coaching support over the phone. You can also access online resources such as financial assessments, budgeting software and on-demand courses. Visit your member website to learn more.

**If available through your program.*

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

March 18 – 24 is National Drug and Alcohol Facts Week®

Observed during the third full week of March, National Drug and Alcohol Facts Week is meant to inspire dialogue about the science of drug use and addiction among Americans, particularly youth. Seventy percent of users who try an illegal drug before age 13 develop a substance misuse condition within the next seven years, compared to 27% of those who try an illegal drug after age 17.

Efforts to prevent teen substance misuse should start early in life. To help prevent substance misuse:

- Keep your teen busy with meaningful activities, such as sports or other group activities.
- Expect your teen to follow household rules.
- Keep talking with your teen. Praise your teen for success.

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

Sources: National Center for Drug Abuse Statistics (NCDA), Substance Abuse and Mental Health Services Administration (SAMHSA), Centers for Disease Control and Prevention (CDC).

Working on Wellbeing

Financial wellbeing

Being financially well generally means having control over your finances, being prepared for financial emergencies, meeting your savings and retirement goals, and being able to make choices that allow you to live your life to the fullest. To make progress, learn to live within your budget. Pay down your highest-interest-rate debts first. Set up automatic deposits from your earnings to savings and emergency accounts. Maximize contribution amounts to your 401K.

Money Matters

March 2024 financial webinars

Women & Money

March 12th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Women often face unique financial challenges. This online event covers personal finance basics, focusing on strategies that are relevant for women. It also reviews planning for life events like starting a family and juggling multiple financial goals. Whether you're just starting your financial journey or looking to take your financial skills to the next level, join this event for the tools and confidence to move forward.

Unlocking the Power of Your Credit

March 28th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Credit plays a vital role in achieving financial health, yet many people struggle to understand and effectively manage their credit. This informative and engaging session will dive into the fundamentals of credit, including how it works, how to establish and maintain good credit and common mistakes to avoid.

Sources: Securian.com, CNBC.com, Real Simple, Healthwise, Investopedia, State Farm, Consumer Financial Protection Bureau.