



Magellan
HEALTHCARE®

Momentum

Being social media savvy

By now, most people understand the benefits and risks of social media use. While staying connected and informed is quite convenient today, staying safe remains very important.

- Set your social media profiles to private to limit who can view your information.
- Before posting information or photos online, think twice about whether you'd be comfortable with anyone seeing that content—even if you believe the content will be protected by security settings.
- If someone harasses or threatens you online, remove them from your friends list, block them and report them to the site administrator.
- Don't post any personal data online, as this could enable others to use that information to steal your identity, access your data or commit other crimes such as stalking. Also, never reveal where you're vacationing, shopping or traveling.
- When accepting friends online, choose people who you already know and trust.
- Recognize that taking breaks from social media can be healthy.

Digital emotional wellbeing

Tap into an enhanced way to improve your wellness and manage challenging health conditions like anxiety, depression, chronic pain and sleep problems. It's the Digital Emotional Wellbeing program. Available via mobile app and your member website, the program helps you track your mood, sleep, stress and pain, plus integrate healthy activities into your daily routine as you progress.

Contact your program

24/7/365

for confidential, no-cost help
for you and your household
members.

Live Webinar—On Wednesday, February 9, join us online for *Social Status: Keeping a Safe and Healthy Relationship with Social Media*. Register [here](#).

**Visit MagellanAscend.com
for more information**

Mind Your Mental Health

February is National Cancer Prevention Awareness Month

The stress that comes with a cancer diagnosis can be overwhelming. One in three people with cancer experience mental or emotional distress. Learn more about the role of mental health in helping cancer patients and caregivers.

- Access social and emotional support by joining a cancer support community.
- Manage stress by practicing relaxation exercises such as muscle relaxation and controlled breathing.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to.
- Practice gratitude. Gratitude is linked to your sense of well-being, and it can boost the inner strength that helps you bounce back.

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

Additional sources: National Behavioral Health Network

Working on Wellness

Staying heart healthy and avoiding heart disease

- Adopt a heart-healthy diet including foods low in added sugars and salt. Also, while some fats in our diet are good, avoid foods containing trans-fat ("partially hydrogenated oil")—which clogs arteries and raises bad (LDL) cholesterol.
- Other heart-healthy steps to take include getting enough sleep, practicing good dental hygiene (including flossing daily), maintaining a healthy weight, moving more throughout the day, not smoking and managing stress.

Money Matters

February 2022 financial webinars

Understanding Tax Returns

February 8th. Register here: [9 am PT](#) | [12 pm PT](#)

Get the inside scoop on how income tax is calculated, plus types of deductions to take and other ways to reduce your taxes. Explore common tax preparation mistakes.

Social Security & Your Retirement Plan

February 24th. Register here: [9 am PT](#) | [12 pm PT](#)

Learn how Social Security benefits are calculated, and when you should start taking retirement distributions. Other topics include spouse benefits and taxes on your distributions.



Managing Work-Life Flow

Improve your sleep health

Poor sleep quality has negative effects on your hormones, brain function and immune system. It also can cause weight gain and increased disease risk. To sleep better, get more bright natural light during the day. Reduce blue light exposure from electronic screens in the evening; shut screens down two hours before bedtime. Avoid drinking caffeine late in the day. Consider taking a melatonin supplement to bring on sleep. Do relaxation techniques prior to bed.