**EMAIL:**  Email – President to managers

**WHEN TO SEND:** Month 1

**PHASE:** 2. Launch

**ATTACHMENT(S):** Flyers: Six Essential Elements of Wellbeing, About the Gallup® Wellbeing Survey, Understanding your Survey Results

**SUBJECT LINE:** Help your team improve their wellbeing with eMbrace

**CONTENT:**



By now you’ve had a chance to review the eMbrace program information distributed last week and are excited to get started with it. Through eMbrace, we as people leaders will work together to ensure that wellbeing becomes a driving purpose in our organization.

As a leader, you have an important role in helping your team members improve their wellbeing. But first, you’ll need to understand your own. That’s why we’re asking you to complete the Gallup® Wellbeing Survey by the end of the month.

Attached are a few flyers that will acquaint you with the eMbrace elements of wellbeing and the Survey:

* The Six Essential Elements of Wellbeing
* About the Gallup® Wellbeing Survey
* Understanding your Survey Results

**Get started**

* Visit the member website at [Member.MagellanHealthcare.com](file:///C%3A%5CUsers%5Ccsjohnson1%5CDownloads%5CMember.MagellanHealthcare.com).
* Log in or set up an account.
* Take the Gallup® Wellbeing Survey and get your personalized plan.
* Review the recommendations in your personalized plan and start the activities.
* Explore the sections on Life, Mind and Body to see all the services, tools and resources available to you and your team members.

In the coming weeks, you’ll receive more information about how you as a leader can help improve your own and your team members’ individual wellbeing. We look forward to taking this exciting journey with you!

Thank you in advance for your participation and leadership as we continue to implement eMbrace.