**EMAIL:** Email – President reminder #5

**WHEN TO SEND:** Month 4

**PHASE:** 4. Optimization

**ATTACHMENT(S):** Social wellbeing flyer

**SUBJECT LINE:** Learn more about the importance of social wellbeing with eMbrace

**CONTENT:**

A person walking on a street

Description automatically generated with low confidence

**Do you have a good friend at work?**

According to Gallup®, people who have close relationships at work have higher social wellbeing and they are healthier and more engaged in their jobs. In contrast, the absence of friendships at work can lead to feelings of loneliness and depression. Check out the attached social wellbeing flyer to learn more.

eMbrace can help you improve your social wellbeing through a variety of self-service tools and resources.

Get your career wellbeing score by taking the Gallup® Wellbeing Survey on [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) today!