**EMAIL:** Email – President reminder #6

**WHENT O SEND:** Month 5

**PHASE:** 4. Optimization

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

**SUBJECT LINE:** eMbrace can help youimprove your physical wellbeing

**CONTENT:**



**Physical wellbeing is about managing your health so that you have the energy to do all the things you want to do.**

You have the most control over your sleep, exercise and diet, yet according to the Centers for Disease Control:

* 1 in 3 adults do not get enough sleep on a regular basis
* Less than 1 in 4 of adults get the recommended amount of exercise per week
* Only 1 in 10 adults eat enough fruits or vegetables

Learn about physical wellbeing in the attached flyer.

eMbrace provides free, confidential resources such as Digital Emotional Wellbeing, Wellbeing Coaching and Counseling to get you on the right track for healthy habits and lifestyle choices so you can feel better and have more energy.

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