**EMAIL:** Email – President reminder #8

**WHEN TO SEND:** Month 7

**PHASE:** 4. Optimization

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

**SUBJECT LINE:** eMbrace can help you **i**mprove your community wellbeing

**CONTENT:**



**Emotional wellbeing is about your ability to handle daily and major life events.**

Community wellbeing, at a basic level, is about feeling safe where we live and secure about the quality of our water and air. It is also about taking pride in and supporting our communities. When you get involved in your community and give back to society, everyone benefits. Learn more about community wellbeing in the attached flyer.

If you’d like to make a difference in your community, think about your interests and match what you love to do with a need, for example, supporting a cause by doing a walkathon or volunteering at an animal shelter, library, school or food pantry.

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