

**WELLBEING TIP:** Trying to eat healthier? Don't shop without a list. Choose whole, nutrient-packed foods over processed items. Add variety by picking new fruits and vegetables.

Call your Employee Assistance Program at 1-800-356-7089 (TTY 711) or visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) for helpful resources.