

# Focus on You

Providing you with the right tools, wherever you are in life

From simple questions like quick ways to de-stress or how to find more time in your schedule, to more difficult issues like finding support after the loss of a loved one, your program is there to work with you and offer suggestions, options and information.

## A Confidential & Important Resource

Your program provides useful tools and resources that can help make the most out of your day or guide you through a difficult time. All confidential and at no cost to you. Some of the topics we can help with include:

- **Resiliency**—overcoming stress and crisis at home and at work.
- **Emotional Wellness**—addiction, depression, anxiety and assistance with other emotional wellness issues.
- **Workplace success**—career goals, team conflict, crisis, management support.
- **Wellness and balance**—work-life balance, stress, relaxation, personal well-being.
- **Personal and family goals**—relationship, children and teen or aging loved ones. Changes in finances or personal situations.

Your program includes up to 3 counseling sessions for you and your eligible dependents or household members at no cost to you.

## Step into Action

It's quick and easy. You can access your program's tools and resources in many ways. And remember its completely confidential. We will connect you with the right resources or professionals to help you with your questions, challenges or needs. No situation is too big or too small.



Call your program's toll-free number to speak with a professional.



Visit [MagellanHealth.com/member](http://MagellanHealth.com/member) for online tools, articles, resources and more.

## Additional Resources and Information

### Legal & Financial Consultation

Your program offers you quick and confidential access to help with legal or financial questions and services you may need. Legal and financial experts are available to help with any questions you may have, or access the online library for helpful tools and resources.

**Employee Assistance Program**  
For Professional Consultation  
**Call 800-4CHIPSO**  
**(800-424-4776)**



# Legal and Financial Services with ID Theft

Balancing the needs of your family with your job responsibilities isn't easy. As part of your program, legal and financial consultation services are available to you and your family.\*

## Professional Legal and Financial Consultations

**Legal Consultation:** You can receive up to a 60 minute telephone or face-to-face consultation with an attorney on any type of legal matter. This offering is available for one consultation per legal topic each year.

**Financial Consultation:** Your program offers you up to a 60 minute telephone consultation with a financial counselor on issues such as budgeting, debt consolidation, mortgage assistance, retirement, saving for college, IRS matters and other financial topics.

**ID Theft Assistance:** Your program includes fraud resolution services to assist with any fraudulent activity that may have impacted you or your family. You can receive up to a 60 minute consultation with a Fraud Resolution Specialist™.

## Tools and Resources

You can access many of the tools and resources online through your program's website. Tools and resources include:

- Hundreds of articles and guides covering a wide variety of legal and financial topics
- Online financial calculators and estimator tools

- Legal and financial frequently asked questions answered by professional experts
- Legal and financial forms and resources based on specific topics

## Schedule a Legal or Financial Consultation

Call your program's toll-free number and ask for legal, financial or ID theft services. You can also log on to [MagellanHealth.com/member](http://MagellanHealth.com/member) and click on the benefits tab, then the legal and financial consultation link to utilize the many tools and resources available to you.

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\* Depending on your program, family includes a spouse and other household family members.



# MagellanHealth.com/member

It's time to empower yourself!

As part of your program benefits, you and your family have exclusive access to the latest health and wellness information as well as online resources and assistance for a wide variety of personal, family and work-related concerns.

## Easy Access to the Information You Want Most

Log on to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member). If you're already a registered member, great! You can start taking advantage of everything the website has to offer. Not registered? Click New or Unregistered Users. Follow the prompts and register to get access to the full array of information as well as information that's personalized based on your preferences! Plus, get the benefit of enhanced security to further protect you.

## What You'll Find on the Site

**Topic-Specific Centers**—The in-depth information you want most is at your fingertips in easy-to-navigate dedicated centers: *Coping with Stress and Anxiety*, *Financial Fitness*, *Managing Work and Career*, *Parenting Resources*, *Older Adult Resources*, *Mental Health Conditions*, *Overcoming Depression and Grief*, *Relationship Resources* and more.

**Quick Links**—Go directly to the portals of a wide variety of experts and expert sources.

**In The Spotlight**—This is where you'll find *Compass*, our monthly wellness feature with solution-focused information and resources to assist you with all types of life issues.

**Library**—Find articles, self-assessments, tools and calculators on a wide range of topics that include: stress management, work-life balance, relationships, depression, anxiety, substance abuse, communication, and many more.

**Medicine Tracker**—Learn about the medicine you're taking, the benefits and any potential side effects.

**Provider Search**—Get the names of and locations of providers online, privately and confidentially 24 hours a day.

**My Topics**—Select the topics that you're most interested in getting information on.

**On Demand Learning**—Access practical solutions that will help you live life—better! New recordings and topics updated often.

*Whether you're looking for information on a specific health and wellness topic or just feel like browsing through our extensive library, tools or assessments, there's always a reason to visit [MagellanHealth.com/member](http://MagellanHealth.com/member).*

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# If Saving Money is Good— LifeMart® is Great!

You and your family members have exclusive access to LifeMart which offers discounts on millions of every-day products and services. The online discount center offers a one-stop shop with exclusive money-saving discounts—up to 40 percent! With so many discounts being offered, there is something for everyone. Get started today!

Here are a few areas that you can point, click and save:

## **Family**

- Child care
- Elder care

## **Entertainment**

- Computers and electronics
- Movie tickets and entertainment
- Restaurants

## **Travel**

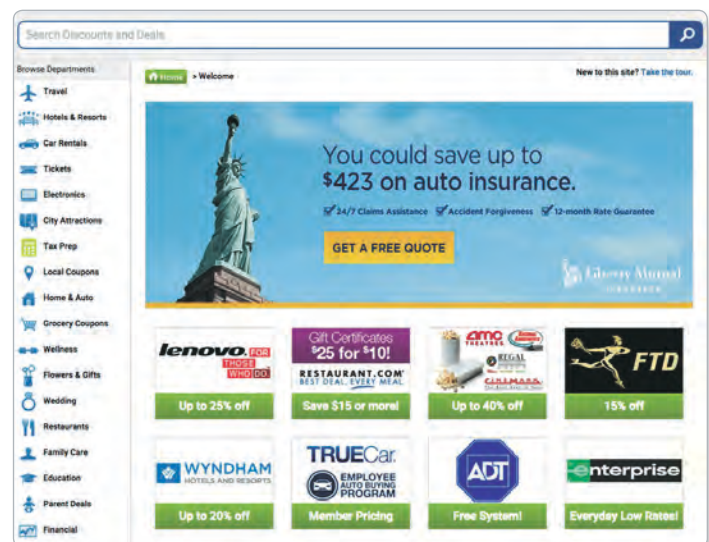
- Cruises and flights
- Car rentals and hotels
- Theme parks

## **Home**

- Appliances and decor
- Furniture

## **Personal**

- Shoes and apparel
- New cars
- Books and DVDs
- Flowers
- Fitness centers
- Health and beauty



## Why spend more when you don't have to?

Make shopping LifeMart a regular part of your money-saving routine and save on the items you want most! There's always another great reason to visit [MagellanHealth.com/member](http://MagellanHealth.com/member)! Access LifeMart by clicking on LifeMart link found in the "Quick links" box on the left side of the welcome page.

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# S.M.A.R.T. goal setting

Goals provide us with direction in all dimensions of our lives. Whether personal, professional, family, financial or health-related, goals inspire us to be the best we can possibly be. The term “goal” does not simply mean something we want, but also implies the steps to take before the goal is attained. Planning and preparing for goals is important in achieving these desired outcomes.

## Establishing goals the SMART way

A goal is an end toward which you direct some specific effort. To be effective, a goal must be S.M.A.R.T.

**Specific**—The more detailed and focused your goal, the better.

**Measurable**—Have criteria for measuring the progress of your goal.

**Action-oriented**—Goal statements should start with an action verb.

**Realistic**—A goal must be something that you are both willing and able to work toward.

**Timebound**—Having a deadline will encourage action and help you avoid procrastination.

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## Achieving success

Once you have defined your goals, commit yourself to achieving them. Try these helpful tips to stay focused on attaining your goals:

- **Put your goals in writing.** Along with clear goal statements, include your reasons for setting each goal. Identifying reasons will help evaluate if the goal is something you truly desire, and not something you feel obligated to do. As you achieve your set goals, cross them off your list. This helps with motivation by visually demonstrating how much progress you have made.
- **List the obstacles to overcome.** It is inevitable that you will come across stumbling blocks on your path to reaching your goals. Identifying these early will give you time to find solutions for overcoming them. Remember that setbacks are normal.

- **Identify people that may need to help you reach your goal.** Some goals require the cooperation of other people. For example, if one of your professional goals is to manage a key project at work, you should discuss this desire with your supervisor.
- **Develop an action plan.** An action plan includes all tasks or activities needed to attain your goal. For example, if your goal is to lose 10 pounds by June, one task might be to join a gym.

As important goals are, it is important not to become overwhelmed by them or depressed if you fail at your attempts. Remember, goals are to help you improve, not to punish you. Celebrate your successes and recognize when you have attained even an intermediate step toward your ultimate goal.

*This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.*

# Say something positive to yourself

If you're like most people, you carry on a silent conversation with yourself during much of the day. This "self-talk" directly affects your thoughts, motivations and behaviors. What are you saying to yourself? Do you give yourself a pep talk or do you undermine your own efforts?

Understanding self-talk and the powerful effect it has on you can help you develop or maintain a positive attitude.

## What you say is what you get

You've probably heard the term "self-fulfilling prophecy." Self-talk is very much like a self-fulfilling prophecy. You think about something enough that it actually happens. When your self-talk is positive, e.g., "I know I can do this," or "I can lose five pounds," you are giving yourself permission to succeed, and chances are you will. When your self-talk is negative, e.g., "I'm going to have a terrible time tonight," or "I'll never be a manager," chances are you won't even try.

## Thoughts are linked to behaviors

Self-talk shapes your thoughts and behaviors. If you say to yourself, "This job is perfect for me," you'll be more willing to apply. During the interview, you'll have more confidence in yourself. But if you think, "I'll never get this job," you may not even bother applying, which will guarantee that you won't be hired.

## Physical and mental effects of self-talk

Negative self-talk increases stress and can make physical symptoms such as headaches and stomachaches worse. Negative self-talk can also encourage you to behave in self-destructive ways. Thoughts like, "What difference will it make if I don't go to work today, no one will miss me," or "Nobody cares about what happens to me, so why shouldn't I have another drink?" can lead you to make damaging life choices. On the other hand, positive self-talk is

one of the best things you can do for yourself. Thinking and acting in a positive, upbeat manner will lead to higher self-esteem, confidence and a happy, healthier you.

## Changing your self-talk script

If you are trying to change your self-talk from negative to positive, you may find resistance from within yourself. You may tell yourself, "There's no use trying" or "I can't do this." Be patient; it will soon fade. You've probably been using negative self-talk for years, and it takes at least 30 days to break an old habit or establish a new one.

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