



Momentum

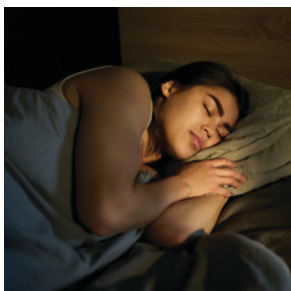


Join our webinar, *Prioritize Sleep to Boost Your Wellbeing*, on Wednesday, March 12, 2025 at 1:00 p.m. CT. Learn the importance of sleep for health, recognize signs of poor sleep and discover tips for better bedtime routines. Scan the QR code to [register now](#).

Invest in rest

Just as you value components of your day such as communicating, physical activity and eating, it's time to give sleep the attention it deserves. You may not be aware of how many ways sleep benefits you. Healthy sleep:

- **Boosts your memory.** Sleep plays a major role in memory consolidation. During sleep, your brain makes connections, linking events, feelings and sensory input to form memories. Deep sleep is vital for this.
- **Repairs tissue.** While you sleep, your body works hard to repair damage from stress, exertion, ultraviolet rays and other challenging factors you're exposed to.
- **Increases your energy and alertness.** A good night's sleep makes you feel energized and alert. This helps you focus and get things done the next day.
- **Impacts metabolism and inflammation.** Studies show a strong association between chronic sleep deprivation and the risk of developing type 2 diabetes, obesity, heart disease and metabolic syndrome.



Digital Cognitive Behavioral Therapy (DCBT)

Sleep and mental health are more connected than you might think. Mental health conditions can negatively impact good quality sleep, which can impact mental health—creating a negative feedback loop. Taking steps to improve one problem may be beneficial in improving the others. Check out the DCBT module, RESTORE, a six-session program that teaches skills to help improve your sleep. You can also track your sleep and see your progress over time.

Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or go online to MagellanAscend.com for confidential, no cost help available 24/7/365 for you and your household members.



Mind Your Mental Health

March includes National Drug and Alcohol Facts Week®

Observed during the third full week of March, National Drug and Alcohol Facts Week aims to inspire dialogue and offer education about the science of drug use and addiction. A number of surprising facts illustrate the seriousness of the issue today.

- Alcohol is the most commonly abused substance and the third most common cause of death in the U.S. Although legal, alcohol kills over 95,150 Americans each year.
- Thirteen is the average age at which children experiment with drugs.
- An estimated 60% of poor work performance can be tied to drug or alcohol use.
- 138 million Americans age 12 and over drink alcohol, and 20.4% of them have an alcohol use disorder.
- Among those with an alcohol use disorder, less than 8% receive treatment.
- Common reactions to substance use include needing to consume more to get the same effect; substance dependency; painful withdrawal symptoms; high blood pressure and stroke; problems with the liver and pancreas; development of certain cancers; loss of motivation; depression and anxiety.

Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

Working on Wellbeing

Physical wellbeing – Tips for maintaining a healthy body

- Keep your physical wellbeing high on your priority list—it's a foundation for thriving in all areas of life!
- Pay attention to how you feel and make adjustments as needed—rest when you're tired and move when you're restless.

Money Matters

March 2025 financial webinars

Leveraging Credit While Managing Debt

March 11th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Credit can be a powerful tool when used responsibly, but it can also lead to debt if not managed properly. This event will highlight the benefits of a high credit score and also review debt reduction strategies to help improve your debt-income ratio. Realize the freedom of having your credit score work in your favor and maintaining manageable monthly debt payments.

Retirement Planning at Any Age

March 27th. Register here: [11:00 a.m. CT](#) | [2:00 p.m. CT](#)

Whether you're a rookie or a seasoned veteran, retirement planning is like a fine wine—it's never too early or too late to uncork! This session will provide tools, insights and motivation to launch or revisit your retirement plan. Get help charting a course to retirement that fits your long-term plans and dreams.

Sources: [VeryWellHealth.com](#), [Healthline](#), [Rethink.org](#), [National Center for Drug Abuse Statistics](#), [Alpine Recovery Lodge](#).

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