

FOH 2014 Your Source Campaigns – MEMBER

Access Magellan’s campaigns to be empowered, learn ways to enjoy life more, and identify opportunities for improvements at home and work. Campaigns are located on www.FOH4YOU.com under the *In the Spotlight* section. Access it today and throughout the year, and share with your family members! There will be member material provided every month based on the topics below.

| Month | Audience | Theme | Theme Highlights | Live Webinars | Webinar Topics/speakers |
|-----------|----------|---------------------------|---|---|---|
| January | Members | Healthy Habits | <ul style="list-style-type: none"> Kick the year off right Get back to being healthy Exercise and Nutrition | January 8, 2014 1-2pm central | Sticking to your Health and Wellness Goals Register Here |
| February | Members | Eating Disorders | <ul style="list-style-type: none"> About eating disorders Body image and self-esteem Teens and body image | February 12, 2014 1-2pm central | Emotional Over-eating Register Here |
| March | Members | Money habits | <ul style="list-style-type: none"> Budgeting Children and money Big wins with big savings | March 12, 2014 1-2pm central | Money Basics Register Here |
| April | Members | Stress | <ul style="list-style-type: none"> How to manage stress Stress with teens and children Impacts on a relationship | April 9, 2014 1-2pm central | Sleep and Stress Register Here |
| May | Members | Caregiving | <ul style="list-style-type: none"> Finding a balance Focus on you | May 14, 2014 1-2pm central | The Sandwich Generation Register Here |
| June | Members | Healthy Aging | <ul style="list-style-type: none"> Healthy at any age Focus on your future You and your family | June 11, 2014 1-2pm central | Healthy Aging and the Brain Register Here |
| July | Members | Resiliency | <ul style="list-style-type: none"> Making Adjustments Coping skills Change management | July 9, 2014 1-2pm central | Importance of a Positive Outlook Register Here |
| August | Members | Work-life Balance | <ul style="list-style-type: none"> Finding a balance Dealing with life transitions | August 13, 2014 1-2pm central | Managing your Energy for Better Work-life Balance Register Here |
| September | Members | Addiction | <ul style="list-style-type: none"> Warning signs Workplace impact Family impact | September 10, 2014 1-2pm central | When Someone You Love has an Addiction Register Here |
| October | Members | Bullying Awareness | <ul style="list-style-type: none"> At work At school Technology and bullying | October 8, 2014 1-2pm central | Bullying Awareness Register Here |
| November | Members | Relationships | <ul style="list-style-type: none"> Family dynamics Friends Effective communication | November 12, 2014 1-2pm central | Enhance Your Relationships with Better Communication Register Here |
| December | Members | Holiday Survival | <ul style="list-style-type: none"> Family stress at the holidays Depression during this time of year Take time to enjoy it | December 10, 2014 1-2pm central | Holiday Survival Register Here |

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Quarterly newsletters and posters will be provided throughout 2014. There will be a separate webinar that focuses on management topics. These webinars are available online only. There will not be a separate call-in telephone number provided.

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| March | Managers | Common Workplace Issues | <ul style="list-style-type: none"> • Absenteeism • Performance decline • Aberrant behavior | March 26, 2014 1-2pm central | Addressing Problem Behaviors in the Workplace Register Here |
| June | Managers | Conflict Resolution | <ul style="list-style-type: none"> • How to approach conflict • Ways to solve conflicts • Managing conflict | June 25, 2014 1-2pm central | Resolving Workplace Conflicts Register Here |
| September | Managers | Constructive Communication | <ul style="list-style-type: none"> • Workplace communication • Enhancing communication • Working together effectively | September 24, 2014 1-2pm central | Performance Feedback Register Here |
| December | Managers | Team Building | <ul style="list-style-type: none"> • Building a strong team • Workplace relationships • The importance of team work | December 3, 2014 1-2pm central | Teambuilding: Bring employees together Register Here |