



# YOUR SOURCE Balancing Work, Family & Life

## Your Money

Start off the year right and make the most of your money during this difficult economy! Log on to access a wealth of resources to help you get where you want to be and to make the most of every paycheck:

- **Articles and Financial Calculators** on budgeting, personal finances, home buying, refinancing and investing
- **Community Resources** on credit and debt, financial planning, home buying, insurance, legal issues and more

**Click It!** and access *Your Money* on the *Spotlight* section to get yourself on the right financial path.

### Discount on Online Tax Filing Programs

Through your Magellan program, you can receive a 25 percent discount off the retail price of H&R Block TaxCut® Online tax preparation programs! Simply **Click It!**, and register to access the *H&R Block Tax Program Discount* link in the *Spotlight* section. Discount applies only when you access the H&R Block link through [MagellanHealth.com/member](http://MagellanHealth.com/member).

### Identity Theft Webinar on January 22nd

Learn about effective strategies to protect your identity and what to do if you have been a victim of identity fraud. Join Magellan on Thursday, January 22, 2009 from 1:00 – 2:00 p.m. CT to learn more.

Don't miss it! Join co-workers and register by sending an e-mail to [WebinarRegistrations@MagellanHealth.com](mailto:WebinarRegistrations@MagellanHealth.com). Put *Identity Theft* in the Subject line and include your name, company and phone number in your e-mail. Can't join the live Webinar? Don't worry. A replay will be available at the end of January. **Click It!** and go to *Tools, On Demand Learning*.

### Click It!

Log on to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) to read articles and access all types of information, resources and assessments on managing your money. Register with your program's toll-free number and click on *Your Money* in the *Spotlight* section.

[www.MagellanHealth.com/member](http://www.MagellanHealth.com/member)

*Correct Answer: Surveys show that people spend about \$0.50 more every minute they are in a grocery store after 30 minutes. The extra 30 minutes could cost you an extra \$15.00!*

**How much more are you likely to spend if you stay in the grocery store for an hour instead of 30 minutes?**

- \$5.00                       \$10.00  
 \$15.00                      \$25.00

*Check your answer on the bottom.*

## Now That's An Idea!

When is the last time you checked out your local library? It's the best kept secret and the price is right. Consider all these great benefits at your local library. And, it won't cost you a dime!

- Pick up a novel or audio tape on your favorite author.
- Check out your favorite artist on CD before buying it.
- Join a course to learn about computers or retirement planning.
- Access the computer and Internet for free.
- Meet other people that are job networking.
- Sign the kids up for story telling time and activities.
- Read local and national newspapers and magazines.



# Convenient. Practical. Powerful.

## Magellan's Webinars and Podcasts

Living your healthiest, most productive and fulfilling life is within your control. Our Webinars and Podcasts provide you with practical solutions that will help you live life—better! Join an interactive Webinar, view a replay or download a Podcast on a variety of subjects that include helpful information, practical tools and resources.

### LIVE WEBINARS

#### *Protect Yourself from Identity Theft*

Thursday, January 22, 1:00 – 2:00 p.m. CT

#### *Beat Job Stress at Its Own Game*

Wednesday, February 18, 1:00 – 2:00 p.m. CT

#### *Life with an Autistic Child*

Wednesday, April 15, 1:00 – 2:00 p.m. CT

#### *Parenting: Moving the Cleavers into the 21st Century*

Wednesday, June 17, 1:00 – 2:00 p.m. CT

#### *The Melting Pot at the Workplace*

Wednesday, July 15, 1:00 – 2:00 p.m. CT

#### *Raise Peaceful Children in a Violent World*

Wednesday, August 19, 1:00 – 2:00 p.m. CT

#### *Protect Your “Techy” Teenagers: The Internet & Beyond!*

Wednesday, December 16, 1:00 – 2:00 p.m. CT

### DOWNLOADABLE PODCASTS

Log on to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) to access Podcasts. Go to *Tools, On Demand Learning*.

#### *Better Sleep: It's Not Only About the Mattress*

Available mid-March

#### *Life with Autism: Teenagers and Adults on the Spectrum*

Available mid-April

#### *Achieve Professional Success through Emotional Intelligence*

Available mid-May

#### *Talk with Friends and Family about Depression*

Available mid-September

#### *Prepare a Safety Plan and Put an End to the Violence*

Available mid-October

#### *Curing the ‘Disease to Please’ through Boundary Setting*

Available mid-November

### How to Join a Live Webinar

You can participate in any Webinar online and by phone through a toll-free number. We recommend you join co-workers to for a more interactive experience. Registrations will be accepted **two** weeks prior to each Webinar.

Don't miss it! Join co-workers and register by sending an e-mail to [WebinarRegistrations@MagellanHealth.com](mailto:WebinarRegistrations@MagellanHealth.com). Put *Identity Theft* in the Subject line and include your name, company and phone number in your e-mail.

Starting in February, you'll be able to take advantage of our new enhanced online registration. Look for *Your Source* monthly newsletter that will include the link.

### Can't Join a Live Webinar?

Don't worry. You can access a replay of the Webinar and handouts as well as details on upcoming Webinars on [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member). Log in and go to *Tools, On Demand Learning*.