



YOUR SOURCE Balancing Work, Family & Life

Your Nutrition Connection

Want to feel younger and have more energy? Eating nutritious food is one of the simplest ways to add healthy years to your life. **Click It!** for a healthy helping of information that may change the way you think about what—and how—you eat:

- **Articles** from challenges and choices in nutrition to foods that renew your energy.
- **Tools and Calculators** from food pyramids, calorie counters, menu planners and more.
- **Assessments** from helping you become a smart shopper to finding out how healthy your current diet really is.

Getting Better Sleep Podcast—Tune In and Learn How to Snooze Out

Are you tossing and turning at the end of a long day? If you're reading this at 3:00 a.m., you definitely need to download our Podcast on *Getting Better Sleep*. **Click It!** and go to *Tools, On Demand Learning, Getting Better Sleep*.

Begin Your Smoke-Free Life Today!

Taking the first step just got easier. Your Magellan program is pleased to offer you the online tool, *Quit Smoking Again*, at no cost. This unique online tool is personalized to your unique situation, enabling you to:

- Overcome your unique barriers
- Get ongoing support and motivation to stay smoke-free
- Access the tools and resources personalized to your situation

MagellanHealth.com/member also offers a wide variety of articles to support you. These articles are located under *Library, Healthy Living, Smoking/Tobacco Cessation*. **Click It!** and start living a healthier life today!

Click It!

Log on to www.MagellanHealth.com/member to read articles and access all types of information, resources and assessments on nutrition, health and being well. Register with your program's toll-free number and click on *Your Nutrition Connection* in the *Spotlight* section.

Do you know how much sugar and sweeteners the average American consumes per year?

- 142 pounds 60 pounds
 42 pounds

Check your answer on the bottom.

Now That's An Idea!

Stop Sneaky Calories in their Tracks! It's the little nibbling throughout the day that adds up. Can you relate to any of these situations?

- You drink the last sips of orange juice left in the carton. *(Calories: 27; seven minutes walking)*
- One bite-size Snickers bar isn't much. *(Calories: 60; 15 minutes walking)*
- You eat a handful of potato chips, about eight chips. *(Calories: 105; 26 minutes walking)*
- You eat your child's last ten French fries. *(Calories: 158; 40 minutes walking)*

Talk about sneaky! In these four situations 350 calories were added to your daily count and it would take 88 minutes to walk them off!



Correct Answer: 142 pounds per year—according to an article published in the U.S. News & World Report. How does that compare to broccoli consumption? Try only 8.3 pounds per year!

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 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. Refer to the front page for registering information.

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. Log in and go to *Tools, On Demand Learning*.