



The benefits of being physically healthy

Whether your doctor tells you to adopt better health habits, or the motivation comes from a discouraging discovery such as not being able to fit into last year's outfits, realizing that change will be needed can be a harsh wakeup call. It helps to keep in mind the basic benefits of living more actively.

Access your program for a wealth of health and fitness resources.

**Call today or log on to
MagellanHealth.com/member.**

Employee Assistance Program
For Professional Consultation

Call 1-800-523-5668

For TTY Users: 1-800-456-4006

