2015 *Compass* newsletter

The *Compass* newsletter provides information and insight on how to get the most out of life, feel empowered, and identify opportunities for improvement at home and work. Find more information through our member website at MagellanHealth.com/member under the *In the Spotlight* section.

### Compass Newsletter for Members

<table>
<thead>
<tr>
<th>Month</th>
<th>Topic</th>
<th>Topic highlights</th>
<th>Live webinars</th>
</tr>
</thead>
</table>
| January | Emotional Wellness| • Being emotionally well  
• Building strong emotional habits  
• Staying positive                      | January 14, 2015   |
|         |                   |                                                           | [Register here](#) |
| February| Relationships     | • Building effective relationships  
• Communicating with others  
• Talking to your child          | February 11, 2015 |
|         |                   |                                                           | [Register here](#) |
| March   | Money Habits      | • Teaching children how to manage money  
• Managing on a budget  
• Building your savings        | March 11, 2015     |
|         |                   |                                                           | [Register here](#) |
| April   | Mindfulness       | • Being mindful  
• Becoming more mindful          | April 8, 2015      |
|         |                   |                                                           | [Register here](#) |
| May     | Recharge          | • Taking a break  
• Finding time to unwind  
• Maintaining your work-life balance | May 13, 2015      |
|         |                   |                                                           | [Register here](#) |
| June    | Retirement and Healthy Aging | • Preparing for retirement  
• Focusing on your future  
• Sandwich generation    | June 10, 2015     |
|         |                   |                                                           | [Register here](#) |
| July    | Back to School Prep| • Coping with child anxiety  
• Teaching children how to avoid stress  
• Getting ready for school         | July 8, 2015      |
|         |                   |                                                           | [Register here](#) |
| August  | Work-Life Balance | • Setting limits  
• Setting realistic goals  
• Getting the most out of your day | August 12, 2015   |
|         |                   |                                                           | [Register here](#) |
### Compass Newsletter for Managers

<table>
<thead>
<tr>
<th>Month</th>
<th>Topic</th>
<th>Topic highlights</th>
<th>Live webinars</th>
</tr>
</thead>
</table>
| March   | Job Performance Issues | • Confronting performance issues  
• Having difficult conversations with job performance  
• Improving job performance | March 25, 2015  
Register here |
| June    | Substance Use in the Workplace | • Becoming aware of substance use  
• Confronting substance use  
• Building a plan for success | June 24, 2015  
Register here |
| September | Anger Issues        | • Workplace bullying  
• Dealing with employee anger  
• Managing anger in the workplace | September 23, 2015  
Register here |
| December | Difficult Discussions | • Preparing for a difficult discussion  
• Constructive criticism  
• Providing positive feedback | December 2, 2015  
Register here |

**Compass Newsletter—a resource you can rely on every month**