**EMAIL:**  Email – President reminder #3

**WHEN TO SEND:** Month 2

**PHASE:** 3. Engagement

**ATTACHMENT(S):** Emotional wellbeing flyer

**SUBJECT LINE:** eMbrace can help you **i**mprove your emotional wellbeing

**CONTENT:**



**Emotional wellbeing is about your ability to handle daily and major life events.**

According to the National Alliance on Mental Illness:

* 1 in 5 adults will experience a mental illness each year
* 2 in 10 adults suffer from anxiety
* Depression is the leading cause of disability in the United States

How you feel affects every aspect of your life, from how you care for yourself, your personal and work relationships, and your ability to carry out everyday activities. Learn more about emotional wellbeing in the attached flyer.

eMbrace provides resilience-building resources including:

* Digital Emotional Wellbeing—Practice mindfulness techniques, strength-building activities and more, and do cognitive behavioral therapy wherever you want, whenever you want.
* Wellbeing Coaching—Work with a coach to define your goals, stay accountable and achieve your desired outcomes.
* Counseling—Meet with a counselor virtually or in person.

Get your emotional wellbeing score by taking the Gallup® Wellbeing Survey on [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) today!