

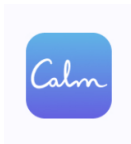
LIVEWELL

Updates



Stress Less

Stress is part of our everyday life, but chronic stress that goes untreated can spiral into conditions like anxiety or depression and physical ailments. April is **Stress Awareness Month** and LiveWell invites you to take advantage of the many tools and resources to help you manage stress, so you can live well and stay well.



[Read More](#)

MARK YOUR CALENDAR &
SIGN UP NOW

**Download this newsletter
for active links!**

[Click here to browse and register for upcoming webinars and virtual events.](#)

APRIL 6TH National Walking Day!

Walking provides the best of both worlds offering the physical benefits of exercise while also boosting your emotional well-being.

Walking regularly can help *improve sleep, mood & chronic mental health conditions* like anxiety and depression.

[Click Here to Learn More](#)

Overcome exhaustion and burnout

Stress is a part of life, but too much is damaging



It helps if you can become aware of when a state of burnout is developing, and respond in healthy ways. Register for this webinar to:

- Recognize the debilitating symptoms of burnout.
- Examine what can cause feelings of fatigue and burnout.
- Identify practices to help restore your emotional health and wellbeing.

**APRIL
13TH**

LIVE & VIRTUAL

Lunch & Learn

**April 21, 2022
12p-1p CST**

**Developing a
Positive Mindset**

Join us live in Richardson or via TEAMS.
Registration link to follow.



Introducing

*Wellness
Wednesdays*


**presented by your
Wellness Champions**

A monthly series of micro-sessions with
tips, tricks and hands on activities to
make wellness actionable and attainable!

Our first tip is on **hydration**
(perfect timing for the step challenge because walking & water go
hand in hand!)

Click [here](#) to learn more

Money Matters



It's okay to be a **little extra** especially when it comes to your retirement account.

Only 13% of those 50 and older take advantage of catch-up contributions.*

It's okay to be a little extra especially when it comes to your retirement account.

Did you know you can make **catch-up contributions** to your workplace savings plan starting in the year you turn 50? That means an extra **\$6,500** can be added annually to your current contributions.

Even if your birthday is in December, you can start contributing in January of the year you turn 50!

[Start catching-up today »](#)

— Tune In! Check out upcoming live webinar opportunities from Magellan EAP. —

Money Matters

April 2022 financial webinars

Your Debt-Free Game Plan. April 12th. Register here: [9 am PT](#) | [12 pm PT](#)

Debt is one of the biggest obstacles keeping Americans from reaching financial goals, so this class encourages you to prioritize debt management. But it doesn't stop there! We'll also go over specific debt reduction strategies and help you explore a plan that you can sustain. We will also review how to write and follow SMART goals, so you can leave this class motivated and more confident about reducing your debt.

Getting & Keeping Good Credit. April 28th. Register here: [9 am PT](#) | [12 pm PT](#)

Credit scores influence personal finances in more ways than most people realize. Whether it's your auto insurance premium or the interest rate on your mortgage, you want your credit score to be deemed "excellent". We'll discuss the criteria that determines a credit score, as well as how to establish new credit, how to recover from credit challenges, and best practices for maintaining an excellent credit score.

Physical Wellness

Physical health and mental health are a perfect pair. Take care of mind & body with these LII benefits. Airrosti, SurgeryPlus, Active & Fit Direct



Click the image to watch the video and learn about Airrosti's virtual pain management solutions.

We've got you covered

With more than 1,500 commonly covered surgical procedures and your own Care Advocate to help you every step of the way, your journey to receiving the best care starts here.

Get moving and save money with the Active & Fit Direct fitness membership options. Click [below](#) to learn more!



Commonly Covered Procedures

Ear, Nose & Throat

- Ear Tubes
- Tonsils
- Sinus Surgery

General Surgery

- Hernia
- Hernia Repair
- Thyroid
- Gallbladder
- Mass Removal

Injections

- Epidural
- Cortisone
- Viscosupplementation

Spine

- Disk Replacement
- Laminotomy
- Disk Fusion
- Scoliosis

Cardiac

- Cardiac Ablation
- Pacemaker
- Bypass
- Valve Surgery

Gynecology (GYN)

- Bladder Repair
- Hysteroscopy
- Hysterectomy

Orthopedic

- Joint Replacement
- Knee/Hip/Shoulder
- Arthroscopy
- Carpal Tunnel
- Ligament Repair
- Rotator Cuff Repair

Gastroenterology (GI)

- Colonoscopy
- Upper-GI Endoscopy

SurgeryPlus is your bundled care option for surgical procedures. Click [here](#) to learn more about the premium service and cost effective options with this benefit.

