

**WELLBEING TIP: Improve physical wellbeing and recovery. Make minor changes each day to better focus on sleep, nutrition, hygiene, physical activity and relaxation.**



Scan the QR code to visit [MagellanAscend.com](https://MagellanAscend.com) or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

