



January is National Get Organized Month

Do your work and/or leisure spaces feel stale and burdensome to you? If so, set aside small, manageable blocks of time for clutter cutting.

- Begin by organizing areas where you spend most of your time.
- Store items in labeled containers. Recycle, donate, shred or sell unused items.
- Practice putting things away immediately after you're done with them.

Call your Employee Assistance Program at 1-800-327-6754 (TTY 711) or visit MagellanAscend.com for helpful resources.



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