

eMpowered for Wellness!

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Magellan Peer Support Whole Health and Wellness e-news: A message from the editor

Thomas Lane, CRPS, Senior Director, Consumer and Recovery Services

Welcome to the **Magellan Peer Support Whole Health and Wellness e-newsletter!** This is the sixth issue of our quarterly e-news and kicks off our 2015 series. This issue brings a change in name that better reflects our goal and purpose. Now, you are **eMpowered for Wellness!** Building on the foundation of our previous PSWH & Wellness e-newsletters, we continue to provide news, information and resources to help improve overall health through peer support and whole health planning and to promote well-being.

You will find previous issues of the newsletter on Magellan's [Resiliency and Recovery e-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and on-demand e-courses about peer support specialists.

Our distribution list continues to grow and now reaches nearly 5,000 subscribers in the U.S. and abroad. Please feel free to share Magellan's Peer Support Whole Health and Wellness e-news with others so we are all eMpowered for Wellness! Thank you all for your continued interest and support.

This issue includes:

- Our regular feature article by guest contributor Larry Fricks, director of the Appalachian Consulting Group. This quarter, Larry's feature is about epigenetics, a fascinating new area of study!
- A feature article about technology-enabled health and wellness resources with links for your use.
- Our regular Web resource spotlight. This quarter, we feature the Center for Integrated Health Solutions (CIHS), a robust, easy-to-navigate website.
- New additions to Magellan's health education and literacy library. Use the links provided to access these documents. We are very happy to provide Spanish-language versions of each guide.

Tell us what you think!

We continue to collect feedback with a brief one-question online survey to help us make our e-newsletter better. Please take a moment and click [here](#) to complete the survey. We invite everyone to participate. It takes less than a minute! As always, we welcome your feedback, comments and suggestions. Please contact us at Elarning@MagellanHealth.com. Thank you!

Epigenetics: Why your genes are not your destiny

Larry Fricks, Director, Appalachian Consulting Group



Genetics is the study of heredity, a process for parents to pass on certain genes to their children. Every child inherits genes from both biological parents, and these genes in turn express specific traits like hair, skin and eye color. But genes may also carry the risk of parents passing on certain diseases like cancer. In the field of genetics, a new science known as "epigenetics" has emerged that explains why your genes are not your destiny.

[Read more](#)

The emerging role of technology-enabled tools

During the past few years, we've seen tremendous growth and innovation in the use of technology to encourage personalized health management and fitness tracking. Literally hundreds of smartphone apps are available to the public, and they focus on everything from chronic physical conditions, such as hypertension and diabetes, to managing anxiety and depression. [Read more](#)

Web resources spotlight: The Center for Integrated Health Solutions

The [Center for Integrated Health Solutions](#) (CIHS) is funded jointly by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) and the [Health Resources and Services Administration](#) (HRSA) and run by the [National Council for Behavioral Health](#).

The CIHS website is a wealth of information, including resources and tools focused on topics related to improving health integration practices and strategies. Examples include smoking cessation, wellness strategies and stress management.

Various technical assistance materials and other resources about different aspects of integrated care also are available, including workforce development and clinical practice and operations/administration. Of particular interest are resources related to tele-behavioral health, including several archived presentations. Please take some time to explore the CIHS website, and consider subscribing to the CIHS eSolutions newsletter.

NEW Magellan health literacy tools available

Magellan is pleased to provide three new health education/literacy documents. These materials will be added to our existing library of health education and literacy guides. You can access the new documents via the links below. They are available in English and Spanish at no cost.

- [Goal setting \(English\)](#)
- [Goal setting \(Spanish\)](#)
- [Give your self-esteem a boost \(English\)](#)
- [Give your self-esteem a boost \(Spanish\)](#)
- [Sleep and good health \(English\)](#)
- [Sleep and good health \(Spanish\)](#)

All Magellan health literacy tools are archived on our Resiliency and Recovery e-Learning Center, along with previous issues of PSWH&Wellness e-news, at www.MagellanHealth.com/Training.

IN OUR NEXT ISSUE: Focus on youth health and wellness

If you would like to be added to Magellan's **eMpowered for Wellness** e-mail distribution list, please send a message to Elearning@Magellanhealth.com

www.MagellanHealth.com/Training

This email was sent by Magellan Healthcare
4800 North Scottsdale Rd.
Suite 4400
Scottsdale, AZ 85251

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