

Convenient. Practical. Powerful.

Your Source Webinars and Podcasts for 2010

Living your healthiest, most productive and fulfilling life is within your control. Our Webinars and Podcasts focus on today's important topics and provide you with practical information, tools and resources that will help you live life—better!

Your family members are also encouraged to listen to our Webinars and Podcasts. Please share this information with them so they can take advantage of this opportunity!

MONTH	WEBINARS			PODCASTS
	Topic	Audience	Date and Time	Topic
January	Getting and Keeping Good Credit > Register Now	Members and family members	January 20, 2010 1:00 – 2:00 p.m. CST	Teaching Kids About the Value of a Dollar
February	Access <i>Personal Goal Setting or Re-setting</i> Webinar recording			Showcasing Your Strengths at the Workplace
March	Being Fit and Living Well at Any Age > Register Now	Members and family members	March 17, 2010 1:00 – 2:00 p.m. CT	Fitness on the Go
April	Access <i>Performance Feedback</i> Webinar recording			Addressing Substance Use/Abuse in the Workplace
May	Getting Through the Tough Times > Register Now	Members and family members	May 19, 2010 1:00 – 2:00 p.m. CT	Recognizing Depression
June	Building a Winning Team > Register Now	Supervisors, managers, union stewards	June 16, 2010 1:00 – 2:00 p.m. CT	Being a Leader in Today's Workplace
July	Access <i>Preparing for Life After Deployment</i> Webinar recording			Transitioning from Deployment to the Workplace
August	Keeping Your Team Motivated > Register Now	Supervisors, managers, union stewards	August 18, 2010 1:00 – 2:00 p.m. CT	Motivating Tips for Today's Workplace
September	Access <i>Parenting Challenges in Today's World</i> Webinar recording			Raising Confident Kids
October	Access <i>Resolving Workplace Conflicts</i> Webinar recording			Family Communication Tools
November	Understanding and Helping an Aging Loved One > Register Now	Members and family members	November 17, 2010 1:00 – 2:00 p.m. CST	Tips on Talking to an Aging Loved One About Driving
December	Access <i>Personal Goal Setting or Re-setting</i> Webinar recording			Acquire Tools for Communicating Effectively With Diverse People at Work

continued

Helpful Information about Live Webinars and Podcasts

- Webinars and Podcasts are made available to you through your Magellan program at no cost.
- To participate in a live Webinar, you will need a telephone and Internet access.
- To register for an upcoming Webinar, click on the [Register Now](#) link in this document or go to *Webinar Registration* under *On Demand Learning*.
- After registering you will receive a confirmation that will include the necessary information to join the Webinar.
- Webinar recordings are posted within a month of the live Webinar on *Webinar Recordings and Podcasts* under *On Demand Learning*.
- Podcasts are available on *Webinar Recordings and Podcasts* under *On Demand Learning*.

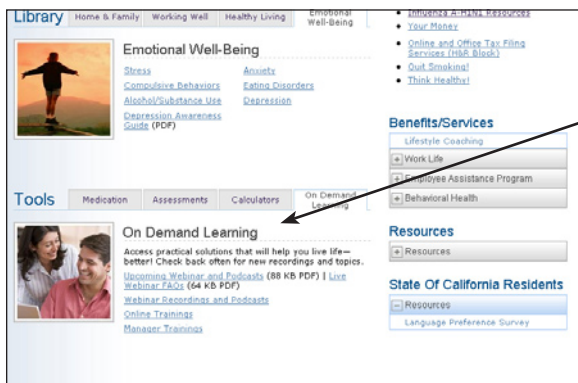
Registering and Accessing Webinars and Podcasts



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Go to *Member Sign In*.

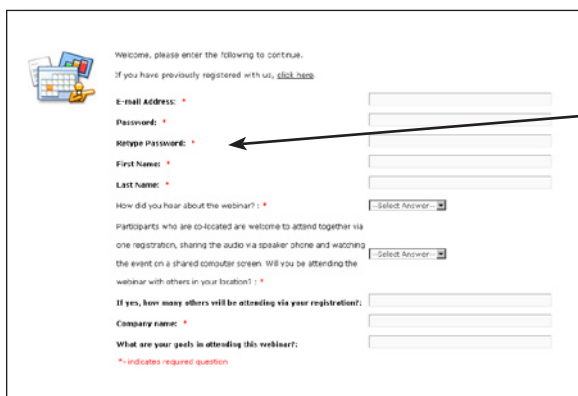
First time users click on *New or Unregistered Users*. Register with your program's toll-free number. Create a unique name and password for future use.



Scroll down to *Tools, On Demand Learning* in the center of the page.

Access live Webinar registration, Webinar recordings and Podcasts.

Access the registration link for the Webinar you want to register for.



Registration Page

Create a unique password that is 4 – 32 characters