

Member Newsletter

Magellan Healthcare, Wyoming's Care Management Entity

Active children and good health

For good health, children need to be active every day. They do not need fancy bikes or shoes. They just need to move! Read on to learn why moving is important. Find out how you can help your child have an active life.

What is physical activity? Why is it important?

Physical activity is any body movement that uses energy. It includes all kinds of activities. It can be sports, walking, biking or dancing. It can be chores like vacuuming, raking or washing the car.

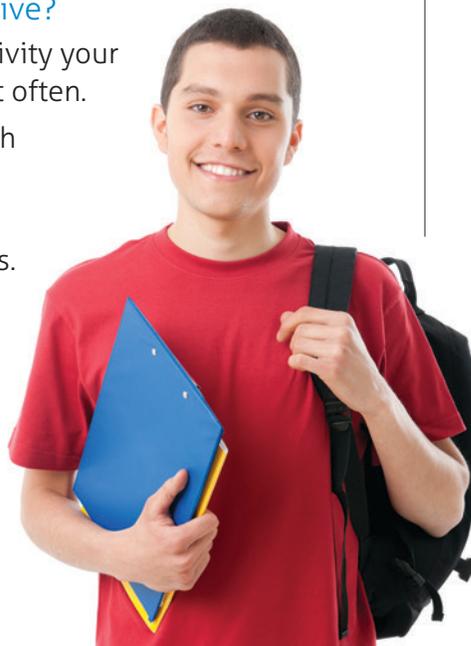
Regular activity helps build muscles and bones. It also helps people feel better about themselves.

How active should kids be?

Kids should be active at least 60 minutes each day. It doesn't have to be all at once. Young children have short attention spans. So they may have short bursts of activity during the day. It all adds up!

How can I help my child be more active?

- Children like to have fun! Find an activity your child enjoys. Then let him or her do it often.
- Set a good example. Play actively with your child.
- Limit the time your child spends watching TV and playing video games. Find ways your child can be active inside and outside.
- Plan family trips to local hiking trails, parks and swimming pools.
- Walk or bike together to and from school.
- Let your child take a 10-minute break from homework to be active.



Have an impact on your local community

High Fidelity Wraparound is a community-based program. A main aspect of the program is to utilize both natural and community supports. This piece of the program is important in two ways. Community member support is essential to members being successful in the program. Stakeholder engagement is also crucial to helping improve the program in Wyoming.

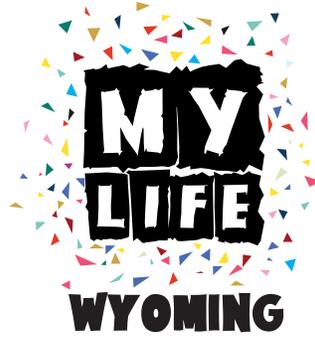
Magellan of Wyoming has eight advisory councils around the state. The purpose of these local committees is to include family members, youth, providers and stakeholders in the:

- review,
- feedback
- evaluation, and
- recommendations for improvement of High Fidelity Wraparound.

To find out when the next advisory council meeting will be held in your community, visit our website, www.MagellanofWyoming.com.

Empowering youth through activity

MY LIFE (Magellan Youth Inspiring Future Empowerment) is a free program offered to any youth in the community between the ages of 13 and 23.



This program is designed to give youth a voice and active role in improving youth and young adult systems of care. Youth can also practice social skills, learn from presenters and provide and receive peer mentoring. MY LIFE members develop critical skills in leadership. They act as advisors to Magellan, providers and other agencies to help improve services and systems that serve youth.

This winter Magellan launched two local MY LIFE groups—one in Cheyenne and one in Laramie. Regular meetings are the foundation of the MY LIFE model. They provide opportunities for youth to create a community of support and plan activities.

MY LIFE Cheyenne

meets the last Tuesday of every month.

MY LIFE Laramie

meets the last Wednesday of every month.

Meetings are held from 5:30 – 7 p.m. and dinner is provided. You can find more information about meetings on our website, www.MagellanofWyoming.com.

Want more information about MY LIFE Wyoming? Reach out! Email us at WyomingInfo@MagellanHealth.com.

Visit the Wyoming website

Be sure to visit www.MagellanofWyoming.com.



There is a variety of resources, and we are constantly updating it with information. You can find:

- Upcoming events
- Local services
- Links to helpful information
- Updates from Magellan

Contact us

Office Hours:

M – F, 9 a.m. to 5 p.m. MST.

Emergency services are available 24 hours a day.

Toll-free: 1-855-883-8740

TDD/TTY: 1-800-424-6259

www.MagellanofWyoming.com

WyomingInfo@MagellanHealth.com