

Momentum



Join our live webinar, *Practical Productivity*, on Wednesday, September 9, 2026, at 2 PM EST Understand the benefits and challenges of constant connectivity and how to leverage technology to boost productivity. Scan the QR code to [register now](#).

Use technology to work smarter

Technology continues to shape how work gets done. Rather than adding more to our workload, effective use of technology can improve focus on meaningful work.

- **Be selective with tools:** Choose a small set of core platforms that meet most of your needs. Consolidating tools reduces friction and makes it easier to maintain consistent workflows.
- **Automate repetitive work:** Identify tasks you perform regularly (e.g., status updates, scheduling or file organization) and explore tools that can automate them. Even small efficiencies can compound over time.
- **Use AI as a thought partner:** AI tools can assist with initial drafts, summaries and idea generation. Treat these outputs as starting points, rather than final answers.
- **Continuously learn and adapt:** As technology evolves, ongoing learning remains important. Set aside time to explore new products or features that could simplify your work.

A thoughtful approach to adopting and using tools can support better focus, clearer communication and stronger results.



Identity Theft Resolution*

The unauthorized use of your credit cards, bank accounts or your personal information can lead to serious financial and legal problems. Visit the Identity Theft Resolution page on your [member website](#) to learn prevention tips and how these services can help restore your credit if you have an issue.

Contact your Inova Employee Assistance Program at 1-800-346-0110 (TTY 711) or go online to www.inova.org/eap for confidential, no cost help available 24/7/365 for you and your household members.

Mind Your Mental Health

Strike a healthy balance

While technology creates efficiency, it also introduces new pressures. Constant connectivity can lead to information overload, reduced attention span and difficulty separating work from personal time.

- **Create intentional pauses:** Schedule short breaks away from screens to reset focus and reduce cognitive strain. Even a few minutes can improve clarity.
- **Set clear boundaries:** Define when you will and won't be online. Communicating your availability manages expectations and reduces the pressure to respond immediately.
- **Limit multitasking:** Switching between tools and tasks can reduce productivity and increase stress. Focus on one priority at a time when possible.
- **Protect your time and energy:** Form healthier work habits using apps that feature focus timers, screen time tracking and reminders to step away from your screen.

Balancing engagement with disconnection is key. Technology should support your work, not consume your attention.

Working on career wellbeing

As skills that were once specialized become more accessible via AI, staying relevant requires a proactive approach to learning.

- **Build digital fluency:** Understanding core tools used in your line of work is now a baseline expectation. Get comfortable with collaboration platforms, data tools and AI-assisted workflows.
- **Develop complementary skills:** As automation handles routine work, your ability to think critically, communicate and adapt becomes more valuable.
- **Stay informed about trends:** Follow developments in your field to anticipate changes and identify growth opportunities.

Financial wellbeing webinars

Retirement: Early Career Decisions

September 8. Register here: [12:00 p.m. EST](#) | [3:00 p.m. EST](#)

A critical first step toward a solid retirement plan is creating and establishing savings goals. Knowing there are many competing needs for the money you save, we'll review goal-setting strategies that can help you stay on track. Learn about estimating how much you may need to save by the time you retire, calculating the amount to invest each month, the power of compounding and retirement account options.

MSA Insights

September 24. Register here: [12:00 p.m. EST](#) [3:00 p.m. EST](#)

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Ready to build the financial future you've always wanted?