

SCA Matters

Q1
2025

Articles of Interest

Six Tips for Managing a Small Team



Hiring, managing and fostering a quality team of employees should be among a small business owner's top priorities. Every employee's contribution becomes critical to your business's success when a team is small.

[Learn More](#)

How to Integrate Positive Thinking Into Your Small Business

The power of positive thinking can revolutionize the way you carry out your day-to-day tasks, allowing for heightened creativity, enhanced problem-solving and lower levels of stress and frustration.



[Learn More](#)

Member Benefit Highlights

MDLIVESM

Now, visiting the doctor is easier than ever before. Avoid the waiting room and inconvenience of going to the doctor's office. Visit a doctor by phone, secure video or MDLIVE App. Doctors are available 24/7, and family members are also eligible.

- Pay \$0 out of pocket for medical consultations.
- Three free Talk Therapy consultations per person, per calendar year and then \$90 per hour.
- Dermatology consultations are \$59 per video consult.

2,957 visits in December 2024*	1,514 activations in December 2024*
29,557 visits by 16,653 patients in YTD 2024*	133,142 activations since inception*

Activate now!
Log into southernconsumers.org
for more information!

*Utilization rates reported in the MCR is intended for directional insight; these numbers are not contract specific and do not count utilization the same way in all reports, see definitions for calculation detail. If your organization has a utilization calculation in your agreement, please contact your account manager to discuss.

WYNDHAM HOTELS & RESORTS



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Scholarships

Try our easy electronic scholarship application process!

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Sponsorships

SCA believes strongly in cultivating a culture of cooperation with the community. To that end, the Executive Board of SCA seeks out good people who work to make a difference in the lives of those in need. We proudly sponsor numerous organizations and applaud them for their tireless dedication.

Mission of Dress For Success[®]

Dress For Success promotes women's economic independence from challenging situations by providing professional attire, a network of support and career development tools to help them thrive in work and life.

How We Work

Dress For Success provides professional clothing and counseling for each of our clients. When a client secures a job interview, we provide her with one free business suit, as well as the appropriate accessories, footwear and makeup. When she successfully lands a job, she returns to Dress For Success for five additional pieces.

What to Donate

Dress For Success Midwest[®] accepts both financial and in-kind donations.

Current Needs

- Interview-appropriate suits, including blouses, slacks, skirts, dresses, blazers and jackets
- Work-appropriate shoes, including pumps or flats in sizes five up to 12
- Accessories, such as scarves, earrings, bracelets, rings, necklaces, purses, briefcases and portfolios

Visit Dress For Success at dressforsuccess.org

Sponsorship Partner:



For information regarding your membership and association services, call or write:

Membership Services Office
Southern Consumers Alliance

12444 Powerscourt Drive, Suite 500A
St. Louis, MO 63131
1.800.992.8044 or 636.530.7200



Southern
Consumers
Alliance



Articles in this newsletter are meant to be informative, enlightening and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels. For more information, or to upgrade your membership, please call 1.800.992.8044.