



Be well

**Take care of all of you**

Strong mental health is the key to whole health

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# With you on your health journey

## Helping you reach whole health

Every part of your body is connected. That means a physical condition can lead to anxiety or sadness. It works in reverse, too. Health starts when you treat the whole person — where mind, body and spirit come together.

With our behavioral health condition management program, we'll focus on the key areas that can affect other parts of your body.

You can get help with:

- Grief, loss and stress
- Depression and anxiety
- Substance abuse
- Eating disorders
- Bipolar disorder and other conditions

It's all about getting to a place where your whole self — mind and body — feels better.

## Support in your corner

You'll have a team of people to support you — doctors, nurses, psychologists and social workers. They'll work with your care team to set up the best treatment for you.

That way, everyone involved in your care works together. So you can focus on getting better, not how to get care.

## Personal and confidential

We can personalize support just for you. We can connect you with the right person, be it a psychiatrist, counselor or psychotherapist. Or help you set realistic goals for your well-being.

You'll get personalized support like:

- Early screening
- Online tools to check your risk for a condition
- Strategies for everyday living

## The earlier, the better

Whatever you want to work on — improving relationships, regaining energy, finding focus — just reach out. We're here to support you and tailor care that fits you.

## Help is always here.

Reach out at the number on your member ID card, anytime you're ready.

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