

Choose well: Annual enrollment is here

Enroll **May 1** through **May 24, 2024**



You deserve to make informed plan decisions to support your whole health and well-being. Discover more about this year’s benefits and get your questions answered.

You can:

- 1 Review your annual enrollment information.
- 2 Contact your school department’s central office.
- 3 Visit online at **anthem.com/meabt** or **meabt.org**.

We are here to help with information to empower, educate, and support you in your healthcare choices.

Mental health support from Aspire365

There may be times when you are having troubling thoughts or behavior changes, or may be experiencing substance use, anxiety, or trauma. If you or any of your loved ones are experiencing any of these mental health conditions, Aspire365 is available to help.

Aspire365 is a long-term in-home treatment program that provides Primary Mental Health, Primary Substance Use, and Co-Occurring Disorder treatment. The program brings care conveniently to you and services can be coordinated with your schedule. To get treatment when and where you need it, call Aspire365 at **385-352-9696**.

