

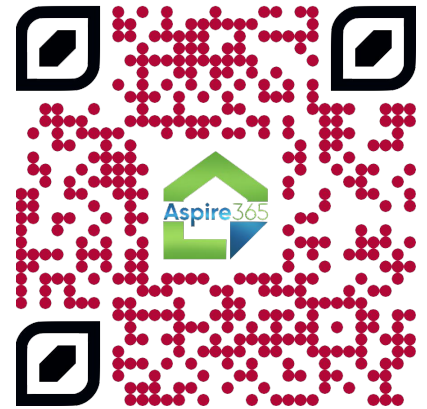
Take Control of Your Mental Health

Confidential Mental Health Checkup at No Cost



- Covered service for all health plan members age 12+
- Initial 15-minute consultation
- Same-day access to comprehensive mental healthcare for you and your family

SCAN TO SCHEDULE



Have You Noticed...

Thoughts

- Are you experiencing thoughts, feelings, or behaviors that are troubling you?
- Are you losing sleep due to worries?
- Is your child overly anxious concerning school or social interactions/media?

Experience

- Are you concerned about your alcohol, medication, or drug use?
- Have you ever experienced a panic or anxiety attack?
- Have you undergone a traumatic event?

Behavior

- Are you no longer interested in things you used to enjoy?
- Are you struggling to cope with work or family responsibilities?
- Is your teen acting hostile, secretive, or depressed?
- Have you noticed dramatic behavior changes in your child?
- Has your appetite changed?

If you, or a family member, have had any of these experiences, behaviors or thoughts, the Aspire 365 program can be of assistance.