



IMPORTANT INFORMATION

INTEGRATION OF MENTAL HEALTH AND PHYSICAL HEALTH SERVICES IN THE SAME PLACE

If lately you have felt:

- ✓ Anxious
- ✓ Depressed
- ✓ Stressed out
- ✓ Extremely sad
- ✓ You are going through a difficult situation.
- ✓ Has had a recent loss, etc. and you are not receiving any help.

We would like to inform you that our **primary medical group** has a **mental health professional** with whom you can talk. We would like to help you with your situation.

In order to have good physical health it is necessary to maintain good mental health.

For more information you can ask your doctor, nursing staff, or the receptionist.

For more information, please call the number provided for the health plan at the bottom of this document.

If you speak English, language assistance services, free of charge, are available to you. Call your health plan at the number listed below.

如果您说中文,您可以免费获得语言帮助。
按以下号码拨打保险。



1-844-347-7800
TTY/TDD: 1-844-347-7805

www.firstmedicalvital.com



1-844-336-3331
TTY: 787-999-4411

www.multihealth-vital.com



1-866-600-4753
TTY: 1-844-726-3345

www.MenonitaVital.com



1-800-981-1352
TTY: 1-855-295-4040

www.sssvital.com

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