**From:**  
**To:**  
**Subject:** Your Mental Health Matters

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| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Your health plan includes tools for building good self-care practices. | | | | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | |  |  |  | | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | **Your mental health matters to your *whole* health** | | |  | | --- | | [**Explore our resources**](https://urldefense.com/v3/__http:/click.messageinsite.com/?qs=d738dec149054bde97b1e9147044a9331e21c92f665e54735de984d4fa36ea29f63cda30cb180445d55fb7456a7bc45e7702f6997d59fb7d__;!!IZ3lH8c!09LTy3DUBnbdbH7WR-IlnO_JqIPtFF8chyIsIeRTbUGHs6gxZNQdcUljRXYFhiqZB6zKpAVyUJ4WbJGGz0sUsaPY8KL2$) | | | | A picture containing person, person, indoor  Description automatically generated | | | | |  |  | | --- | --- | | |  | | --- | | Wellness is about more than just your physical health. It’s about you as a *whole* person — mental, physical, social, and emotional. Your mental health affects your relationships, your job, the choices you make, and your quality of life. It also plays a big part in your physical health. That’s why during this quarter of 2023 we will be taking time to help educate you on the importance of mental health for yourself, your family, friends and loved ones.    Between April and June we will be sending your information on identifying and managing your mental health, the topics below, as well as programs which are available to you should you need assistance. Please keep in mind that your participation in any of these programs is completely confidential. Your employer is never notified of your utilization. | | | |  |  | | --- | --- | | |  | | --- | |  | | | |  | |  | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | |  |  | | | |  |  |  | | --- | --- | --- | | |  | | --- | | **Your mental health matters** | | Your EAP comes with helpful tools to support your mental health and to help family members and friends who may be struggling. [**Explore resources**](https://urldefense.com/v3/__http:/click.messageinsite.com/?qs=d738dec149054bde97b1e9147044a9331e21c92f665e54735de984d4fa36ea29f63cda30cb180445d55fb7456a7bc45e7702f6997d59fb7d__;!!IZ3lH8c!09LTy3DUBnbdbH7WR-IlnO_JqIPtFF8chyIsIeRTbUGHs6gxZNQdcUljRXYFhiqZB6zKpAVyUJ4WbJGGz0sUsaPY8KL2$)by entering VBA. If you have questions, call (800) 346-5484. | | | | |  | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Language Access Services (TTY/TDD: 711)**  [ALTERNATE LANGUAGES](https://urldefense.com/v3/__http:/click.messageinsite.com/?qs=d738dec149054bde55af53b0b34485aa7b8e409c3f8c162d3324ded449b28356f4777a837bc4262cf3f0e529680e73ce7be8508fee645258__;!!IZ3lH8c!09LTy3DUBnbdbH7WR-IlnO_JqIPtFF8chyIsIeRTbUGHs6gxZNQdcUljRXYFhiqZB6zKpAVyUJ4WbJGGz0sUsX-1ab7p$)  We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.  Independent licensee of the Blue Cross Blue Shield Association. Read more [about us](https://urldefense.com/v3/__http:/click.messageinsite.com/?qs=d738dec149054bde9b53ac0bc17dadb810cdd8ba63015acc856d2e26a018e027887182e716ec127e89ba02855ac5e331221f87efcf6b965a__;!!IZ3lH8c!09LTy3DUBnbdbH7WR-IlnO_JqIPtFF8chyIsIeRTbUGHs6gxZNQdcUljRXYFhiqZB6zKpAVyUJ4WbJGGz0sUsUfVScKf$). | | | | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | 1040765MUMENABS BV 04/22 | | | |

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