

*I feel so tired and stressed.*

*It's all I can do to keep from crying all day.*

*How am I going to pay all the bills this month?*

*My kids are out of control.*

*I recently lost my mother and could really use her advice right now.*

## A healthy LIFE starts with a healthy mind.



We understand life can come at you quickly! That's why we offer the LIFE Mental Well-Being program.

With the LIFE Mental Well-Being, you and your family can quickly and virtually access professional counselors to answer all of your mental health questions and concerns.

Plus, the LIFE Mental Well-Being Program is easy to use and is included in Preferred, Prime Plus and Sterling Plus memberships at no fee to you!

### LIFE Mental Well-Being Powered by DialCare Mental Wellness:

- DialCare Mental Wellness is a program designed to provide you with a safe, secure and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions. This unique program offers an app-based interface, connecting you with our counselors not only over the phone, but via video chat as well.
- DialCare Mental Wellness counselors can assist you with conditions such as stress, depression, anxiety, grief, relationship problems and more.
- Access the Member Portal located on your Membership ID Card. Call **800-557-5024** for login assistance. LIFE Mental Well-Being is part of the following Membership Plans: Preferred, Prime Plus & Sterling Plus

**Disclosure: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.** State restrictions list is available at [dialcare.com/states](https://dialcare.com/states).

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