



Start from the top

Your best health begins with
your mental health

[Aetna.com](https://www.aetna.com)

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The right support, right in your corner

Focused on your best mental health

With our behavioral health condition management program, we'll focus on the key areas that can affect other parts of your body.

You can get help for things like:

- ✓ Depression and anxiety
- ✓ Substance misuse
- ✓ Eating disorders
- ✓ Bipolar disorder and other conditions

Our goal is helping your whole self — mind and body — feel better.



When we treat your mental health, **we treat the whole you — mind, body and spirit.**

We've got your back

We want to help you focus on getting better, not how to get care. That is why we have a team of professionals here to support you.



They'll work with your care team to connect you with treatment that's right for you.

This way, everyone involved in your care can work together.



Personalized support your way

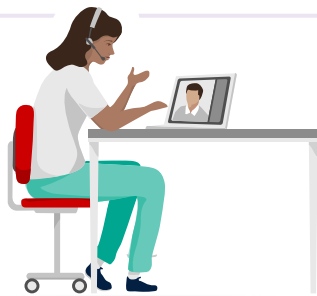
Whether you need to work with a psychiatrist, counselor or psychotherapist, we can connect you with the right provider.



Helping you feel better — together

Whatever you want to work on, we're here to support you and tailor your care. So you can get the help you need for:

- Improving relationships
- Regaining energy
- Finding focus



Ready to take the next step?

Remember, we're here to help — anytime you need us.



Just **call the number on your ID card.**

Or leave a message at **1-800-424-4660.**

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