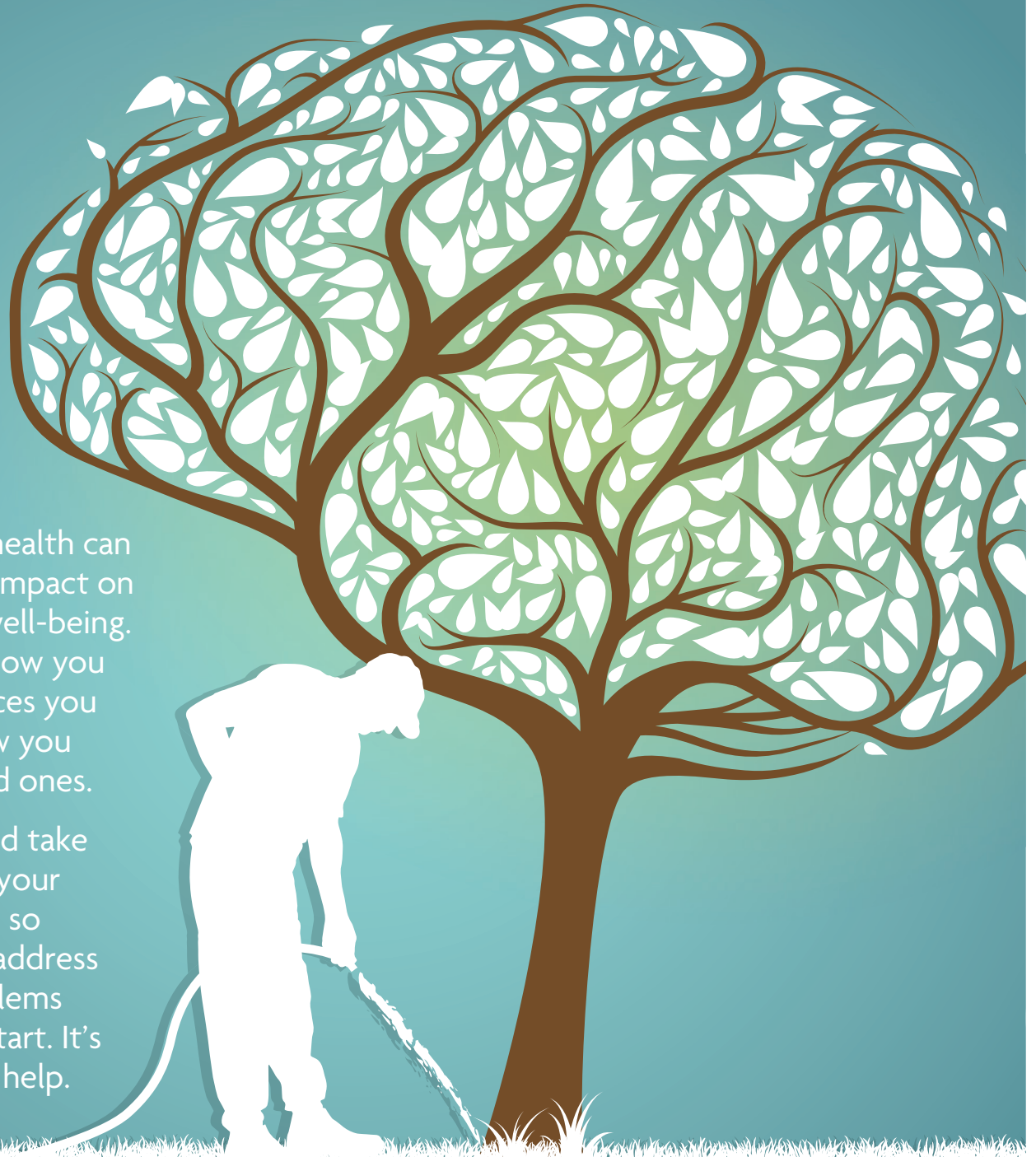


Nurture Your MENTAL HEALTH

Your mental health can have a major impact on your overall well-being. It can affect how you feel, the choices you make and how you relate to loved ones.

Stay aware and take good care of your mental health so that you can address possible problems before they start. It's OK to ask for help.



For additional resources or to find a doctor in your area, log in to [your health plan's website](#).



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