

Make Mental Health a Priority

Anxiety and depression are common.

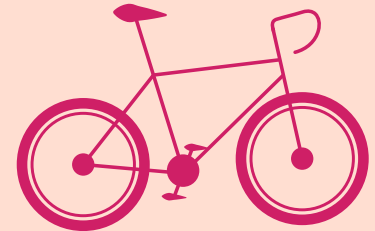


11.7% OF ADULTS reported having an untreated mental health problem.

Protect your mental health.



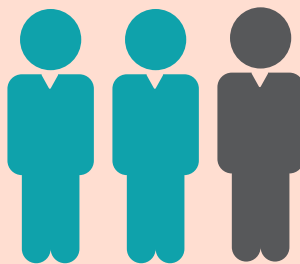
Make sure you're getting **ENOUGH SLEEP.**



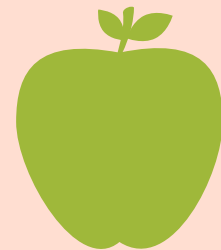
Aim for **30 MINUTES** of exercise a day.



41.5% OF ADULTS reported recent feelings of anxiety or depression.



2 OUT OF 3 ADULTS say their stress levels rose during the pandemic.



Eat **NUTRITIOUS FOODS** and drink plenty of **WATER.**

For additional resources or to find a doctor in your area, log in to your health plan's website.



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PAI-213943-8-2021