

# Your journey to better emotional health starts here



As a Univera Healthcare member, you have access to a wide range of behavioral health programs and tools, as well as a full team of behavioral health specialists made up of our on-staff doctors, pharmacists, registered nurses, licensed social workers, and more. But how does it all work? Follow Carol as she connects with our team and uses what's included in her plan to improve her emotional wellbeing.



A married mother of three, Carol has always found a way to balance home-life responsibilities with a demanding career.



But shortly after landing a new role in senior leadership, she began experiencing debilitating headaches a few times a week.



Not sure where to turn, she called our **24/7 Nurse Line** for advice. After a quick chat, our nurse assured her that they sounded like classic tension headaches and connected her with our **Behavioral Health management team** via one of our Care Managers, Mark.

Mark called Carol and they discussed how issues at work had been exceptionally stressful lately.

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He then took their conversation back to the rest of the Univera Healthcare team, coordinating with our **nurses, doctors, and social workers** to figure out the best course of action for Carol.



The team concluded that daily stress management should do the trick. Mark suggested that she download the Wellframe® app, which they used to develop her personalized plan.



**Take your first step today. Call our Care Management Team at 1-800-277-2198 (TTY: 1-800-662-1220) or download the FREE Wellframe® app.**



Carol's plan also included regular sessions with a therapist. To avoid the stress of fitting office visits into her schedule, she uses telemedicine to meet virtually.

***Now that Carol is better managing her stress, she suffers fewer headaches and is loving her new job. She still stays in touch with Mark, sharing her progress and working together to set new goals.***

