

APRIL 2026

  
RISE WELLNESS  
**SPRING  
NEWSLETTER**

RESET. REFOCUS. RISE.



## 5 WAYS TO SUPPORT YOUR MENTAL HEALTH THIS SPRING

Spring always feels like a reset. The days get a little longer, the sun shows up a bit more, and things just feel...lighter. After months of colder weather and shorter days, this season offers a natural invitation to tend to ourselves, not just our to-do lists.

This is a good time to check in with yourself. Not in a pressure-filled way, but in a real, honest way. How are you feeling? What do you need more of? Mental health isn't something we "fix" overnight. It's something we care for, little by little, day by day. And often, it's the small, consistent shifts that make the biggest difference.

So this spring, keep it simple. No overhauls. No pressure. Just a few intentional ways to support your mind, your body, and your overall well-being. Here are five easy ways to get started

**Get outside daily.** Even 10–15 minutes of sunlight can lift your mood, improve sleep, and ease stress.

**Reset your routine.** Spring is a natural reset. Consistent sleep, regular meals, and daily movement all make a difference.

**Move in a way that feels good.** Walking, stretching, dancing — it all counts. Consistency beats intensity every time.

**Check in with yourself.** Pause and ask: what do I need today? Rest, connection, boundaries, or support — all are valid.

**Stay connected.** Reach out to someone you trust. Community and human connection are foundational to mental wellness.

CONTACT US: (463) 676-4745

320 N. MERIDIAN ST, #1025



### INSURANCE UPDATES

Rise Wellness is now credentialed with Indiana Medicaid. This a meaningful step toward our mission of making high-quality mental health care accessible to everyone in our community.

- Anthem
- Aetna
- United
- IN Medicaid

### COMING SOON

We are expanding the care we offer to include treatments for patients who need a different path to healing and recovery:

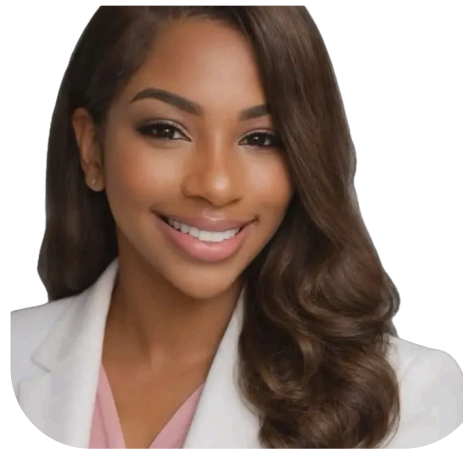
- **SPRAVATO:** for treatment resistant depression
- **NALTREXONE:** to support alcohol use disorders

### MEET OUR NEW TEAM MEMBERS



**Lena Hill**  
Director of Operations

Lena brings over a decade of experience in leadership, strategy, and organizational growth. She works closely with Dr. Fleming to expand the reach of Rise Wellness by supporting brand development, team growth, and thoughtful strategy. Lena will ensure that Rise Wellness remains the personal, patient-centered care that defines our practice.



**Amber Faulkner**  
Office Coordinator

Amber is your first point of contact for scheduling, insurance verification, billing support, and patient communication. With a strong client-centered background, she is committed to making the administrative side of care as smooth and stress-free as possible — so Dr. Fleming can stay focused on you.