

BEFORE Integrated Health

Sign up
for group
therapy

Follow
up on SSI
application

Go for a
nature walk
w/friend
on Thursday
morning

Discuss with
Intake
re switching
therapists

Find
in-network
endodontist

Browse
classifieds
for p/t job

Look into
missing
unemployment
checks

Medicaid
renewal
coming up

Medicaid
transportation
for upcoming
appointment

Get medical
records over
to cardiologist

Find
easy supper
recipes


REMINDER:
CALL MY
CARE
MANAGER

NOW WITH Integrated Health



A Hamaspik initiative.
Available to mainstream Medicaid
members, 21+ years, with chronic
medical or behavioral conditions.

MEDICAL BEHAVIORAL PSYCHIATRIC ADDICTIONS



INTEGRATED
HEALTH

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