

DON'T MASK YOUR FEELINGS ACCESS MENTAL HEALTH RESOURCES IN PRIMARY CARE



Are you having trouble dealing with COVID-19? Are you experiencing any of the following behavioral health issues?

- Stress
- Feeling down or hopeless
- Trouble sleeping
- Anxiety
- Irritability
- Grief

An R-Health doctor may be able to help. Oftentimes, your primary care doctor can be the frontline resource to help you develop strategies to deal with these common behavioral health concerns, in addition to your physical health. This is even more important right now as we deal with COVID-19.

Through your New Jersey state health benefits, you and your covered dependents have access to an R-Health doctor's office at **no additional cost and with no co-pays.** Some key benefits of R-Health's model are:

- 24/7 virtual access to a personal primary care
- More time with your personal physician
- Less wait to get an appointment
- An empathetic doctor ready to listen and offer advice

Get Started With R-Health in 3 Easy Steps:

1. Select an R-Health doctor
2. Sign up
3. Download our secure mobile app

*The New Jersey State Health Benefits Program (SHBP) and School Employees' Health Benefits Program (SEHBP) offers employees and covered dependents the opportunity to join an R-Health doctor's office at **no additional cost and with no co-pays.** This is available as an added benefit of the Horizon plans and does not require any changes to your health insurance.*

GET STARTED TODAY

www.R-Health.md/NJ

800.797.1289

R-HEALTH LOCATIONS

Cherry Hill

Ewing

Hamilton

New Brunswick

Voorhees

West Orange

Yardley

