



# Are you 55+, or a caregiver to someone 55 or older, who is finding it hard to cope?

**THE INSIGHTS PROGRAM AT INDEPENDENCE AT HOME** is here to connect you with a mental health professional for help dealing with mild to moderate stress, anxiety or depression...at no cost.



**One toll-free call starts it all:**  
**1-866-421-1964 (TTY: 711)**

Call today to get connected at home with a mental health professional.



**Or reach us by email at [communityoutreach@scanhealthplan.com](mailto:communityoutreach@scanhealthplan.com)**