

On To Better Health for Presbyterian Members

- ✓ Online self-help tools and resources
- ✓ Proven to help you feel better
- ✓ Easy to use
- ✓ Confidential
- ✓ Available Anytime



Presbyterian Health Plan, Inc.
Presbyterian Insurance Company, Inc.

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Centennial Care #2963



PBHP-132061574 (IPlan)
PBHP-132061587 (PIC)
PBHP-132061671(PHP)

Presbyterian exists to improve the health of the patients, members, and communities we serve.
Such services are funded in part with the State of New Mexico.

Presbyterian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).
Díí baa akó nínizin: Díí saad bee yáníłt'go Diné Bizaad, saad bee áká'ánída'áwo'dee', t'áá jjiik'eh éí ná hólo, koji' hódíłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).



On To Better Health Programs

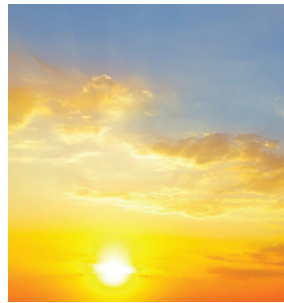
Try A Program Today:

- ⇒ Go to www.ontobetterhealth.com/php
- ⇒ Create your account
- ⇒ Answer a few questions
- ⇒ Review your personal health plan
- ⇒ Click the Launch Program button



FEARFIGHTER™

Focus: **Anxiety, panic, & fears**
 Length: **9 parts**
 Time: **30–45 minutes per part**



SHADE™

Focus: **Substance use & depression**
 Length: **10 parts**
 Time: **25–45 minutes per part**



OCFIGHTER™

Focus: **Obsessive compulsive disorder**
 Length: **9 parts**
 Time: **Self-paced**



COMFORTABLE™

Focus: **Chronic pain**
 Length: **7 parts**
 Time: **25–45 minutes per part**



MOODCALMER™

Focus: **Depression or feeling sad**
 Length: **4 sessions**
 Time: **20 minutes per part**



RESTORE™

Focus: **Sleep problems**
 Length: **6 parts**
 Time: **25–40 minutes per part**

**You may not have access to all of the features. IF YOU HAVE A MEDICAL EMERGENCY, IMMEDIATELY CALL 911 TO GET PROMPT MEDICAL ATTENTION.*

The information on this website is not to be construed as medical advice or recommendations or as a substitute for professional medical advice and is not a substitute for consultation with a qualified physician. You should consult with a physician or other healthcare professional for any healthcare concerns including without limitation before you take any prescription or over the counter drugs. The information provided on this website does not replace the relationship that exists between patients and their physicians or other healthcare professionals. Never disregard your physician's or other healthcare provider's advice or delay seeking their advice as a result of anything you have read on this website. All materials and information contained herein is provided "as is" and is for educational purposes only. Reliance on any information provided on this website or otherwise from Magellan Health, Inc. and its subsidiaries and affiliates ("Magellan") is solely at your own risk.