

Hold on to hope for better health

Our thoughts and attitudes are
linked to our physical well-being.



Find an emotional lift with Ongoing Condition CARE

Those of us with ongoing health conditions, such as diabetes or heart disease, may be more open to feelings of sadness and loss. We may dwell on negative thoughts or lose interest in activities we used to enjoy.

If you are struggling with an ongoing condition or think you might be experiencing anxiety or depression, you're not alone.



Call us today at **866-575-2540** or scan the
QR code to **enroll** in Ongoing Condition CARE.

Find more in the **health center** on **umr.com**

