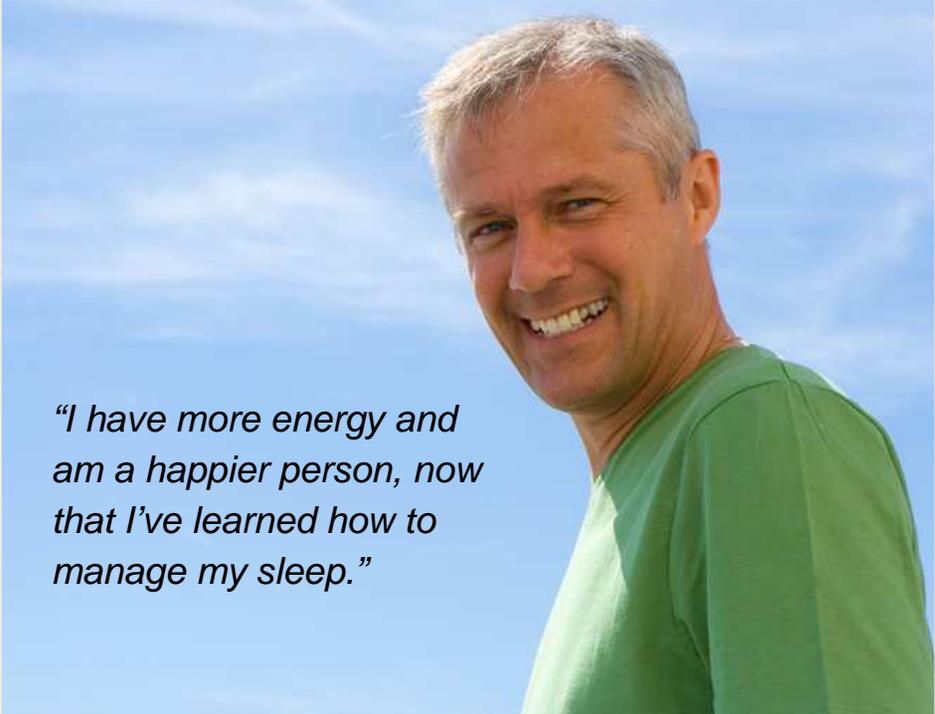


Can't Sleep?

- Do you struggle for hours to get to sleep, no matter how tired you are?
- Do you wake up in the middle of the night and lie awake for hours, anxiously watching the clock?

If so, you're in good company



"I have more energy and am a happier person, now that I've learned how to manage my sleep."

The Centers for Disease Control report an estimated 50-70 million US adults struggle to get a good night's sleep. **AspenPointe TeleCare's Sleep Care Management (SCM) program** is available to you as a benefit through your health plan with the City of Colorado Springs. The confidential SCM program is completely telephonic and designed to support you as you take steps toward managing your sleep. **TeleCare** is staffed with Care Managers who are licensed behavioral health professionals, specially trained to help you manage sleep problems. You will schedule time to talk with your Care Manager, as you need to, and when it's convenient for you. You'll receive information, and the personalized guidance and support you need to get better sleep and the energy to enjoy your life.

Help is just a phone call away

Don't spend time wondering if you'll get a good night's sleep

Call 719-572-6133 or 888-845-2881 and ask to speak to a Sleep Care Manager

Or email TeleCare@AspenPointe.org



**ASPEN
POINTE.**



We all feel down once in a while

**When these symptoms last longer than 2 weeks,
you may need more support —**

- Feeling sad, hopeless, and helpless
- Feeling guilty and/or worthless
- Thinking negative thoughts
- Having a loss of interest in things

AspenPointe TeleCare is here to help



AspenPointe TeleCare's Depression Care Management (DCM) program is available to you as a benefit through your health plan with the City of Colorado Springs. The confidential DCM program is completely telephonic and designed to support you as you take steps toward managing your depression.

TeleCare is staffed with Care Managers who are licensed behavioral health professionals, specially trained to help you understand and manage depression. Your Care Manager will listen to you, support you and help you learn new skills to help relieve depression symptoms. You will schedule time to talk with your Care Manager, as you need to, and when it's convenient for you. You'll receive personalized guidance and support you need to feel better and to get your life back.

Help is just a phone call away

Call **719-572-6133** or **888-845-2881** and ask to speak to a Depression Care Manager
or email **TeleCare@AspenPointe.org**

