



R.O.A.D.S.
To A Better Life
For A
Brand New Day

FOR INQUIRIES, PLEASE CALL BETWEEN 8:00 AM AND 5:00 PM, MONDAY THROUGH FRIDAY

1-800-633-7888

TTY FOR THE HEARING IMPAIRED 1-800-321-5955

R.O.A.D.S.

RECOVERY OPPORTUNITIES AND DEVELOPING SKILLS

The R.O.A.D.S. is part of a Medicare Advantage Plan that understands the mind often requires as much attention as the body. This Medicare Advantage HMO is designed specifically and exclusively for people diagnosed with severe and persistent mental illness. The ultimate goal is to provide wellness and recovery opportunities for individuals who are managing symptoms of mental illness. Memorial Counseling Associates with HMO California offers "R.O.A.D.S. to a Better Life For a Brand New Day" program to help you get more out of life.

WHY JOIN A MEDICARE ADVANTAGE HEALTH PLAN?

Your mental and physical care is coordinated through the following ways:

- Your LIFE COACH will assist you in coordinating your physical and mental health care and will help you plan and work towards your goals for rehabilitation and personal growth.
- Your WELLNESS TEAM will consist of your:
 - ▶ Psychiatrist
 - ▶ Primary Care Doctor
 - ▶ Allied Health Professionals
 - ▶ Program Staff
 - ▶ Family
 - ▶ Friends and/or Conservatorall dedicated to helping you achieve maximum wellness and a more fulfilling life.
- The R.O.A.D.S. WELLNESS CENTER is a drop-in center where you can just hang out or attend one of the many scheduled daily activities:

- ▶ Vocational Training
- ▶ Nutrition Education
- ▶ Health Education
- ▶ Yoga
- ▶ Games and Prizes
- ▶ Planned Outings
- ▶ Art classes
- ▶ Free Lunch Days
- ▶ Computer Classes
- ▶ Stress Management
- ▶ Free Monthly Bus Passes Available

And much, much more!

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TTY FOR THE HEARING IMPAIRED 1-866-321-5955

