

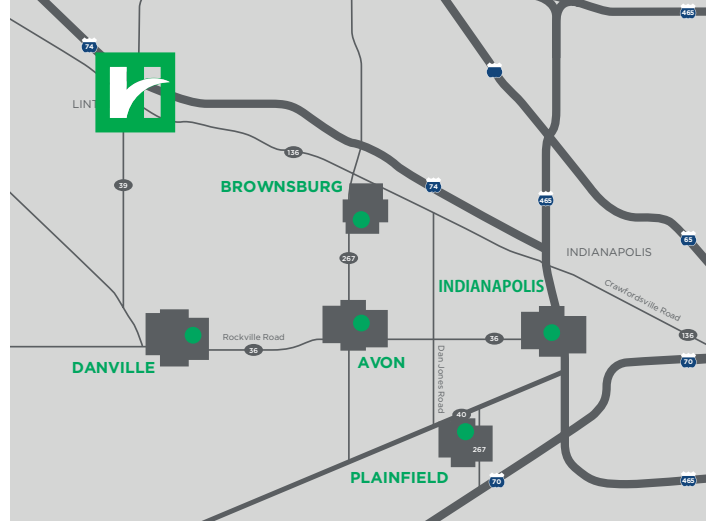
## TODAY IS A GREAT DAY TO TAKE CARE OF YOURSELF.

*And save on healthcare expenses.*

Your mental health is just as important as your physical health. Your Wellness Center and Avon Community Schools want to make sure you and your families have the support you need to live happier and healthier lives. As part of our commitment to your overall well-being, we are making mental health treatments more affordable and more accessible.

## PROGRAM BENEFITS

- Services are available to anyone on the School's health plan, 5 years old and older
- Minimal wait time with reserved appointments for School health plan participants
- Flexible appointment times to meet your scheduling needs
- Licensed mental health providers
- Six visits per person per year at no out-of-pocket expense
- Dedicated concierge service and healthcare navigators to support referrals
- Completely confidential



You can schedule an appointment at your Hendricks Wellness Center for a referral to Hendricks Therapy, or by calling (317) 838-WELL (9355).



### Avon Wellness Center

8244 E. U.S. Highway 36, Suite 1310  
Avon, IN



### Brownsburg Wellness Center

1411 S. Green Street, Suite 220  
Brownsburg, IN



### Danville Wellness Center

1555 E. Main Street (corner of Manor Drive)  
Danville, IN



### Plainfield Wellness Center

1100 Southfield Drive, Suite 1312  
Plainfield, IN



### Wayne Township Wellness Center

602 N. High School Road, Suite C  
Indianapolis, IN



**Hendricks**  
Regional Health

**AT WORK**



# Mental health *connections* start with *your* Wellness Center.

Hendricks Regional Health has partnered with Hendricks Therapy and Avon Community Schools to offer mental health services at no additional cost to you.



## YOUR QUESTIONS ANSWERED

### **Q: Who is eligible to participate?**

Employees that elect health care coverage with the School and anyone on the plan, 5 years old and older.

### **Q: How do I get a referral to Hendricks Therapy?**

Employees and their family members wanting a referral to Hendricks Therapy should contact the Hendricks Wellness Center through MyChart or by calling (317) 838-WELL (9355).

### **Q: How many mental health visits do I receive at no cost?**

Each member on the health plan is eligible for six visits with Hendricks Therapy per calendar year (January-December).

### **Q: Will I have a variety of hours to choose from?**

Yes! Hendricks Therapy offers appointments in the morning, afternoon and evening.

### **Q: Is it possible to continue care with Hendricks Therapy after the six provided visits?**

Yes! If you would like to continue with Hendricks Therapy after six visits, the subsequent visits would be billed to your health insurance (co-pays and deductibles apply).

### **Q: Where will I go for my appointment with Hendricks Therapy?**

Hendricks Therapy have office locations in Danville, Indianapolis, Lafayette and Plainfield.

### **Q: Why do I have to start with my Wellness Center to get a referral to Hendricks Therapy?**

Hendricks Regional Health has a unique partnership with Hendricks Therapy to provide dedicated appointments to the School. In an effort to keep the program operating with little to no wait time for an appointment, it's important your first contact is with the Wellness Center.

### **Q: How long are each appointments with my licensed mental health provider?**

Each visit with your provider is 55 minutes.

### **Q: Does my employer have access to my personal health information or know that I am participating in this program?**

Absolutely not. There are federal laws in place to protect your privacy.

### **Q: Do the visits with Hendricks Therapy affect visits with my EAP or First Stop Health?**

No. Services can be utilized in conjunction with each other.

### **Q: Does Hendricks Therapy have a no-show policy?**

Yes. If you need to cancel your appointment, call or text Hendricks Therapy at (317) 718-8436 at least 24 hours prior to your appointment. Appointments canceled less than 24 hours will count as a used appointment.

### **Q: I'm ready to get started. What is the next step?**

Simply call your Wellness Center at (317) 838-WELL (9355) or send a MyChart message to your Wellness Center provider. Our team stands ready to support you through this process.

### **Q: What if I have more questions about the program?**

Please call your Wellness Center at (317) 838-WELL (9355), Monday-Friday, 7am-5pm and a member of our team will be happy to assist you.

