

EMOTIONAL WELLNESS

Emotional wellness is the ability to handle life's stresses and adapt to change and difficult times.



Introducing Alivia Elovich, Next Level PRIME Emotional Wellness Coach

Next Level PRIME wants to help you improve your emotional wellness!

Are you experiencing:

- Fatigue
- Increased irritability
- Change in appetite
- Sleep changes
- Loss of pleasure in things you used to enjoy
- Isolation
- Increased worries

If you have been noticing any of these, **Next Level PRIME can help!**

Press the Orange Next Level PRIME button and speak to a Care Navigator about our emotional wellness program.



Scan the QR code now
to get started!