

Get mental health care designed to treat you better.

Whether it's anxiety and depression or help for a loved one, Included Health can find high-quality mental health support for you and your eligible dependents at no cost to you.

Connect with your care team for help when you:

- 1 Feel stressed or anxious and don't know who to talk to.
- 2 Want to talk to a therapist or psychiatrist about your mental health.
- 3 Feel sad or not yourself and want to know what's going on.
- 4 Have questions about healthcare costs and bills.
- 5 Want to know if mental health care is included in your plan.

Need mental health support?

Call or chat with your care coordinator through the Included Health app and get connected to the mental health resources available to you, including Magellan Health.

Who can use Included Health?

Included Health is available to all Windstream employees and their dependents covered on the corporate health plan.

How much does it cost?

Included Health is a no-cost benefit provided by Windstream and available to employees and their eligible dependents.



Activate your account.

includedhealth.com/windstream

1-855-524-8426

