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Tiếng Việt (Vietnamese): Các dịch vụ trợ giúp ngôn ngữ, các trợ cụ và dịch vụ phụ thuộc, và các dạng thức thay thế khác hiện có miễn phí cho quý vị. Để có được những điều này, xin gọi 1-877-644-4623 TTY 711.

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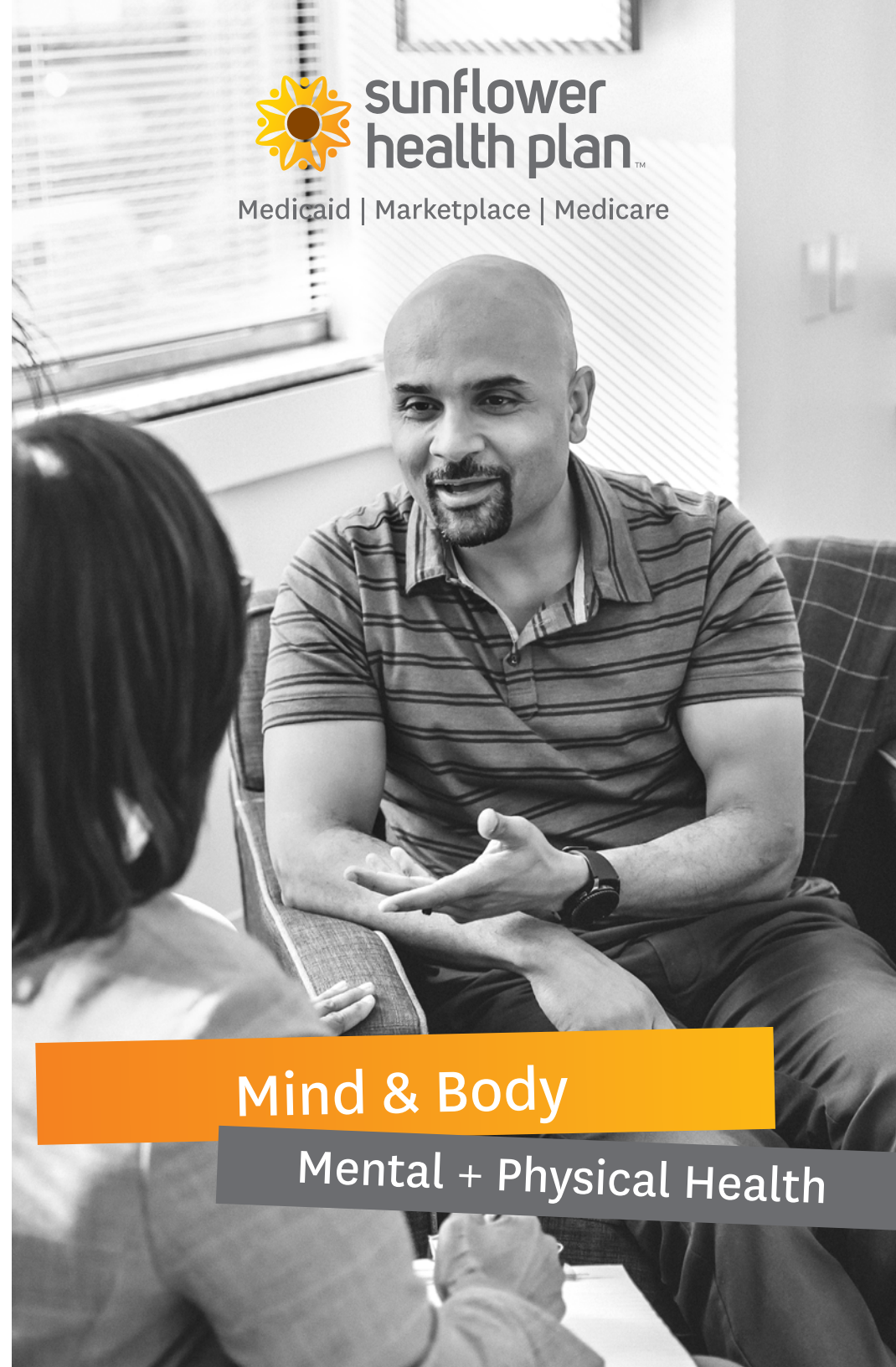
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Mind & Body

Mental + Physical Health

Mental and physical health are equal parts of wellbeing.

Mental illness, especially depression, raises your chances of getting many types of physical health problems. Some of these include stroke, type 2 diabetes, and heart disease. And having one of these can raise your risk for mental illness.¹

Did You Know?

One in five Americans will experience a mental illness in a given year.²

Some people who experience mental illness don't seek help because they feel embarrassed. Mental illness can be treated. It is common to experience some form of mental illness or disorder.

Because mental and physical health are closely connected, it is very important to talk to all of your doctors about all treatments you are getting. Your doctors want to work together to get you the best care possible.

- Not all medicines can be taken together, due to possible side effects. It is best to let each doctor know if another doctor has also prescribed medication for you.
- A diagnosis and treatment from one doctor may affect how another doctor needs to treat your condition.
- During ongoing treatment, your doctors need to be able to contact each other and you easily.
- Your doctors may order lab work to monitor the effects of medication on your health.



What Can You Do?

Things you can do to help your doctors to work together for your best care:

- Sign release forms for each provider that is treating you.
- Make sure your doctors have your current contact information.
- Update the KanCare Clearinghouse (**800-792-4884**) and Sunflower Health Plan (**877-644-4623**) teams with your contact information.
- Keep an updated list of your medications.
- Follow through on lab orders and ask for the results to be shared with all your doctors.
- Follow through on referrals to see other specialists that your doctor recommends.

For more information, contact us at **1-877-644-4623 (TTY 711)** or visit **SunflowerHealthPlan.com**.

¹) *Chronic Illness & Mental Health*. Bethesda, MD: National Institutes of Health, National Institute of Mental Health. 2015. ²) *Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health*. Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. 2016