HealthyMe
Getting your physical and mental healthcare to work together for your overall wellness!

To register for HealthyMe, call LifeWays at (517) 796-4540.

Care Coordination
- Appointment Scheduling
- Disease Management
- Maintaining Health and Wellness

Behavioral Health Care
- Therapy
- Mental Health Medications
- Substance Use Screening

Physical Health Care
- Onsite Medical Care Clinic (If desired)
- Work with your Primary Care Physician
- Routine Health Screen
- Specialty Care Referrals

Prevention & Wellness
- Access to Wellness Education
- Free Exercise and Nutrition Classes
- Access to the Jackson YMCA
- Wellness Coaching
- Social Activities (If desired)

Resource Navigation
Navigation of community resources to:
- Meet Basic Needs
- Obtain & Maintain Benefits

What is Wellness Coaching?
Your wellness coach will check in with you regularly to:
Set and track your health goals
Assure you have the tools to get and stay healthy
Learn to make your treatment work better
Find ways to manage and prevent physical, mental and substance use related health conditions

Contact Us
Jackson Location
1200 N. West Ave
Jackson, MI 49202
Hours: Monday-Friday 8am-7pm
24-Hour Crisis Line: 1.800.284.8288
Customer Services: 1.866.630.3690
Website: LifeWaysCMH.org

Podemos proporcionar servicios para usted en su idioma. Por favor, llame al 517.789.1200.

LifeWays
Community Mental Health
www.lifewayscmh.org

Follow us @LifeWaysCMH

The HealthyMe Program is a partnership between:
LifeWays Community Mental Health
Center for Family Health
Why Join HealthyMe?
The HealthyMe Program builds healthy minds and healthy bodies together to improve your overall wellness. You may qualify for this program if:
- You are a LifeWays Consumer
- You are 18 years old or older
- You have a Severe Mental Illness
- You have or are at risk of
  - Diabetes
  - Obesity
  - High Blood Pressure
  - High Cholesterol

Your Screenings
We will check in with you every 6 months to see how your health improves. This will help us know what your needs are so we can help.
We check:
- Height
- Weight
- Waist Size
- Blood Pressure
- Smoking Test
- Blood Test

Your Rewards
Do you need a little more motivation to keep on track with your goals?
We understand! We are here to help you reach your goals. We have rewards to keep you on track. You can earn up to $60 in Kroger Gift Cards for completing each of these points along your path to recovery:
- 1st HealthyMe Appointment
- 6-Month HealthyMe Check Up
- Annual Primary Care Doctor and/or Dentist Visit
- Completing a Goal

Healthy Mind + Healthy Body = HealthyMe

Your Team
Your first appointment should take about 30 minutes. You will meet with your Care Manager to go over the HealthyMe services, check your vital signs and take your health history.
Next, your Care Manager will review your appointments to determine your next steps. Here are a few of the people that may be on your team. Not all of these services may apply.
- Care Manager
- Wellness Coach
- Peer Support Specialist
- Primary Care Doctor
- Therapist
- Psychiatrist
- Case Manager

"Why Join HealthyMe?" text box,
"Your Screenings" text box,
"Your Rewards" text box,
"Your Team" text box,
"Healthy Mind + Healthy Body = HealthyMe" text box,