



# Online Support for Missouri Care Members

Life can be stressful and busy. It's common to sometimes feel sad, nervous, tired or scared. When you do, Missouri Care has programs that can help. They make it easy for you to get the support you need, when it's most convenient for you. And best of all, the programs are available at no cost to you. You can access these online programs anytime from a computer, tablet or smartphone.

## Programs are:

- Proven to work
- Medication free
- Private
- Easy to use
- Available in English and Spanish
- Lead to lasting wellness

## Programs that are offered include:

- RESTORE (7 online sessions)—for difficulty sleeping
- SHADE (10 online sessions)—for alcohol or substance abuse
- FEARFIGHTER (9 online sessions)—for anxiety, panic and phobias
- MOODCALMER (4 online sessions)—for mild to moderate depression

Do you have questions about these programs? Please call your Missouri Care Care Manager at **800-322-6027**.

To get started, log on to **wellcare.cobaltcvt.com**. Then click "Create Account Now."

If you speak a different language or need something in Braille or audio, don't worry. We can provide translations and alternate formats at no cost to you. Just give us a call toll-free at **1-800-322-6027** (TTY **1-800-735-2966**).

Si usted habla un idioma diferente o necesita algo en Braille o audio, no se preocupe. Nosotros podemos proporcionarle traducciones y formatos alternativos sin costo para usted. Simplemente, llámenos sin cargo al **1-800-322-6027** (TTY **1-800-735-2966**).

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