

# Henry Ford HealthCare

A newsletter about your healthcare plan



Spring 2025

## Mental Health is Health

May is Mental Health Awareness Month. The commemorative month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. The opening of The Henry Ford Behavioral Health Hospital earlier this year was a significant step towards enhancing mental health services. The new hospital, which treats both adult and pediatric patients, is located on the campus of Henry Ford Health's West Bloomfield Hospital.

Since the COVID-19 pandemic, there has been a surge in demand for sub-acute behavioral health services across the region and nationally. The hospital seeks to fill this need by offering individual, group and family therapy, in addition to activity therapy through art, music and physical fitness, cognitive behavioral therapy, and dialectical behavioral therapy.

While there are exceptional care sites like The Henry Ford Behavioral Health Hospital throughout Southeast Michigan, many adults with a mental illness do not receive mental health services as recommended. Read on to learn about how to care for your or a loved one's mental health.

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## Noticing the Signs

Mental health symptoms can vary widely from person to person and for a specific mental health condition. Just like any medical condition, early intervention can make a critical difference in preventing symptoms from progressing into a serious illness.

Be aware of any of the following signs in yourself or a loved one. Speak up for yourself or another to receive support.

### Emotional Signs

- Persistent sadness, hopelessness, or feelings of guilt
- Excessive worry, anxiety, or fear
- Mood swings, ranging from extreme highs to lows
- Irritability, anger, or outbursts
- Loss of interest in previously enjoyable activities

### Cognitive Changes

- Difficulty concentrating or making decisions
- Confusion, disorientation, or forgetfulness
- Delusions or hallucinations
- Paranoia or suspiciousness
- Changes in perception of reality

### Behavioral or Physical Changes

- Withdrawal from social activities or relationships
- Neglecting personal hygiene or appearance
- Excessive substance use
- Reckless or impulsive behaviors
- Changes in sleeping or eating patterns
- Fatigue or low energy levels
- Headaches, stomachaches, or other unexplained physical pain

## Seeking Care

Rather than shrugging it off with thoughts like “it’s not that bad,” “I’ll just shake it off,” or “others have it worse,” be aware that mental health is crucial, and your symptoms deserve attention, particularly if your symptoms are negatively affecting your ability to function throughout the day.

It’s important to understand that you are not alone in experiencing mental health challenges and remember that there are resources available to you.

- Reach out to Henry Ford ENHANCE Employee Assistance Program (EAP) for confidential and personalized care and resources at no cost to you by calling 888.EAP.HFHS (327-4337).
- Speak to someone you trust – Your Primary Care Provider (PCP), pastor, mentor or family member.
- You can reach your Henry Ford healthcare MyCare Advice Line team 24 hours a day, 7 days a week at **866-434-1372** and speak with a nurse.
- Contact the Concierge Team at **866-434-1369**, from 7 a.m. to 5:30 p.m. If you call after hours, you can leave a message and they will call back during the next business day.
- Call 988 – this number provides free and confidential emotional support to anyone in emotional distress 24 hours a day, 7 days a week.

## Ensuring Your Provider is In-Network

We want your experience with your healthcare plan to provide you with all the care you need . . . when you need it. By using providers who are in your health plan network, you will also have greater continuity of care. This means that all your providers will know about or have access to view the care you have received, test results and even your medications. This can save you time, money and delays in receiving the care you need, when you need it.

If you are enrolled in the CDHP Comprehensive HFHS Preferred Network plan you must see Henry Ford Health Preferred Network providers. While the HFHS Advantage Tiered Access plan allows you to see any HAP provider you choose, only Henry Ford Health-affiliated providers are considered Tier 1 in this plan, which is the most affordable option. Tier 2 providers and facilities carry a higher cost-sharing obligation.

Here is how you can check to ensure that your provider is in Tier 1 or Tier 2 of HFHS Advantage Tiered Access Plan and a Preferred Provider in the CDHP Comprehensive HFHS Preferred Network plan:

- By phone: call HAP at **866.766.4709**
- Online: visiting this website: [www.hap.org/find-a-doctor](http://www.hap.org/find-a-doctor)
- You may refer to page 12 in the my choice rewards benefits guide for additional instructions.



## Cancer Screening Guidelines: Detecting Cancer Early

Cancer screenings are an essential part of preventive care. They help detect cancer before symptoms are experienced and they help to treat pre-cancers and cancers early before they have an opportunity to spread.

Screening guidelines vary by age. Henry Ford Health recommends starting cancer screenings at the following ages.

Cancer Type	Age When Screening Starts
Colorectal Cancer	Age 45
Cervical Cancer	Age 21
Breast Cancer	Age 40
Lung Cancer	Age 50 (for current smokers or those who quit in the past 15 years with at least a 20 pack-year history of smoking)

Talk to your Henry Ford Health provider about your screening needs.



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