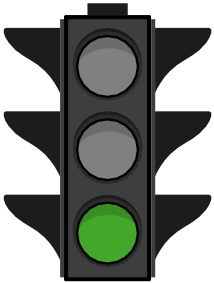


Your Plan for Action

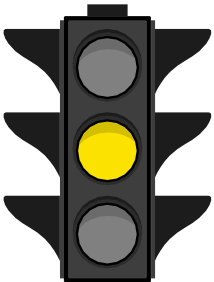
- Use this guide to tell your doctor about changes in your symptoms.
- You are less likely to go to the hospital when you notice your symptoms early and take action.

You are in control and doing well.



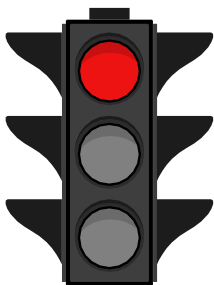
- I feel like myself and I feel good most of the time.
- I am getting enough sleep.
- I am able to do my everyday tasks.
- I can ask for help and find support when I need it.
- I am taking any medicine as prescribed and have no concerning or new side effects.

Take action today. Call your doctor, the MyCare Advice Line, or schedule a same day in-person or virtual appointment.



- I have stress that I cannot handle.
- I need a refill of my medicine.
- My anxiety or mental state keeps me from doing things in my daily life.
- I feel restless, tense, or on edge.
- I have racing thoughts or trouble focusing.
- I am avoiding things out of fear, worry, or stress.
- I have new symptoms, my symptoms seem to be getting worse or are not getting better with treatment.
- My family or friends have noticed my symptoms are getting worse.

Take action now! Call 9-1-1 or go to the Emergency Department right away!



- I feel like I may hurt myself or others.
- I have thoughts about taking my own life.
- I faint during a panic attack.
- I have chest tightness, shaking, or dizziness.