



## Heal with Personal Medicine

Mercy Care members can now discover their Personal Medicine to help find success in their recovery. This program is available to ACC-RBHA members with a Serious Mental Illness (SMI) designation and Arizona Long Term Care (ALTCS) members with an SMI designation or general behavioral health condition(s). ACC-RBHA members with SMI can explore Personal Medicine with the Rehabilitation Specialist at the RBHA Health Homes who are Certified Personal Medicine Coaches. RBHA members and ALTCS members can receive Personal Medicine coaching from the Center for Health and Recovery (CHR) as part of our provider network.

### Personal Medicine:

- Helps people take an active role in their recovery.
- Is medicine, but it's self-prescribed.
- Are the practical steps one takes to feel better, can be used every day or during stressful times to cope.
- Can be big or small healthy actions such as taking a class, drawing or painting, listening to music or simply resetting with a few deep breaths.
- Was developed by practitioners with lived experience in mental health and recovery.

You'll work directly with a Certified Personal Medicine Coach to come up with a Personal Medicine plan that works best for you. Ask your case manager or a Mercy Care behavioral health provider about adding Personal Medicine to your recovery plan.

Have questions? Call Mercy Care Member Services at **602-263-3000** or **1-800-624-3879** (TTY **711**), 7 a.m. to 6 p.m., Monday to Friday. For ACC-RBHA Members with a SMI designation, call **602-586-1841** or **1-800-564-5465** (TTY **711**), 24 hours a day, 7 days a week.