

Medical Ally, for your healthcare journey

Behavioral health and addiction support

Your **Medical Ally** can guide you to resources for depression, substance use or stress management.

Struggling with your mental health? Your Medical Ally can help.

If you or a family member are facing conditions like anxiety, depression, autism, ADHD, eating disorders, or addiction, you have access to a team of compassionate behavioral health experts that can provide support to help you:

- Understand your symptoms, diagnosis, and all available treatment options
- Find the highest quality providers and treatment facilities
- Coordinate your care across multiple providers
- Transition to a different type of care based on your needs

Are you caring for someone with a behavioral health condition?

Sometimes, it's not just the patient who needs support. A Medical Ally can also provide resources to caregivers. Visit benefits.honeywell.com or call for terms & conditions.

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I felt like my **Medical Ally** cared. I was able to open up to her about my medical issues.

Call: 888-361-3944 (select option 2)
Visit: mymedicalally.alight.com

Honeywell
Be Healthy. Live Well.

