

ACHIEVE SOLUTIONS®

Integrated Community Health Partners offers a customized English and Spanish version of this award-winning website.

This is a safe and secure health and wellness website focused on you. It includes thousands of content pieces in many topic areas. That makes it easy to find the help you need.



A VARIETY OF CONTENT

There are many content types to help you learn more about what may be troubling you or a loved one. Info can be found in the form of articles or video and audio clips. There are also quizzes and external links. Other ways to search:

- **“FIND SERVICES” TAB:** This is where you can find community and health and wellness services available to you.
- **“MANAGE LIFE EVENT” TAB:** Find more help on events like coping with a new medical diagnosis, preparing for a hospital stay, and staying calm in an emergency.
- **“ASSESS CONCERNS” TAB:** This 30-question quiz helps you see areas of your life that may need aid. These areas can include your mood, work, marriage, stress and drug abuse.

FOCUSED ON YOU

It's easy to find what you are looking for on Achieve Solutions. In addition to choosing the “Topics” tab at the top, here are some of the ways to search for information:

- **“EXPLORE INFO” SECTION:** The titles on the left side help you easily find topics. For example, if you are having trouble with sleep, click on the “About Health & Wellness” section and find the “Sleep” area.
- **“SPOTLIGHT” SECTION:** This area is on the upper right side features three pieces of info that change weekly. There is also a monthly topic and poll underneath.
- **“RESOURCES” SECTION:** Located on the top of the home page. This is where you can find suggested links and tip sheets. You can also find quizzes, audio clips and videos here.

For more information call: 855-959-7340
www.achievesolutions.net/ichp