

# Senior Wellness Assistance Program

Available at no cost through your CHP Medicare coverage.

Aiding seniors and their family members by maximizing their overall health and well-being.



The Senior Wellness Assistance Program is a free personal 24/7 phone careline counseling service provided by Charles Nechem Associates, Inc (CNA). Think of this Assistance Program as your mental health support system. Whatever your concern or worry might be, CNA counselors\* are here to help. Your careline is completely confidential and is a benefit for you and your family members.

*\* All Counselors must possess a master's degree or Ph.D. in the counseling field and have 5 or more years of experience providing both English and Spanish services (other languages upon request).*

## The Amwins Senior Wellness Assistance Program Offers the Following Services

Navigating responses to age-related physical and physiological changes	Discovering a wise and successful approach to aging
Issues related to changes in life roles and job status	Consultation about nutrition, diet, and exercise
Discovering rewarding activities and creative outlets	Day-to-day stresses of living and caring for themselves, a spouse, children or loved ones
Optimizing leisure time	Anxiety, depression, loneliness and/or feelings of isolation
Finding and building community and social connections	Improving self-esteem, autonomy, and confidence
Grief and loss related to life transitions or the death of a loved one	Substance abuse issues

## Our skilled counselors can also assist in finding referrals for

Financial planning and decision-making	Community services and senior activity centers
Retirement homes, assisted living facilities or nursing homes	Information about home care agencies and hospice care
Transportation, driving and mobility-related concerns	Alzheimer's and dementia resources and support
Medicare, Medicaid, and Supplemental Security Income	Legal issues associated with aging, power of attorney, living wills, living trusts
Adult day care information	Meals on Wheels Service



For additional information or assistance, call the Amwins Senior Wellness Program at 800-531-0200



**AMWINS**