



Build your path to wellness – together



Personal Wellness Specialists are here to support your whole health

A Personal Wellness Specialist (PWS) is someone who has been through mental health or addiction challenges and is trained to help others. They're part of your care team and can support your mind, body and overall wellbeing.

A PWS understands what you're going through and can help you find the tools, services and support you need to feel better.

Is a Peer Wellness Specialist right for me?

You might want to work with a Peer Wellness Specialist if you:

- Live with a mental health or substance use condition
- Are in recovery or looking for support
- Want help finding or understanding health care
- Need support for both mental and physical health
- Are ready to take steps toward healing and wellness

Whole-person care – at no cost to you

As an EOCCO member, you can get support from a Peer Wellness Specialist at no cost. A PWS offers:

- Help with mental, emotional and physical wellness
- Support getting the care and services you need
- Information about recovery and staying healthy
- Help connecting to resources in your community
- Kind, judgement-free support from someone who's been there

Let someone who understands walk beside you

Want to work with a Peer Wellness Specialist?

- Ask your doctor to help you
- Or use EOCCO's provider search tool:

1. Go to eoocco.com/eoocco-provider-search/
2. Enter your member ID or search as a guest
3. Choose "Behavioral" as the type of care
4. Select "Traditional Health Worker" as the specialty
5. Enter your city or ZIP code
6. Click **Search**

Have questions? We're here to help.

Call us at **888-788-9821** or email **THW@eocco.com**
We here Monday through Friday, 7:30 a.m. – 5 p.m. PST

You can get this document in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 888-788-9821 (TTY/TDD users, please call 711). We accept relay calls.

Puede obtener este documento en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 888-788-9821 o TTY 711. Aceptamos todas las llamadas de retransmisión.

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