

Health & Human Services
Adult System of Care

Health 360

Promoting Health and Wellness

Health 360 is a convenient way of getting all of your care in one place, with an integrated care team who knows you. Whether you need primary health care, mental health, or substance use services, our compassionate, dedicated staff are here to work with you.

By participating in Health 360, you can expect to:

- ✓ Improve your health
 - ✓ Get support from Health 360 to get healthy and stay well
 - ✓ Receive individualized attention for your specific needs
 - Have access to free wellness classes and health coaching
 - Feel more knowledgeable about your health conditions and how to manage them
 - Be better able to take charge of your health and your life
- FEEL BETTER!!

Let us know if you are interested in learning more about joining Health 360!

- Yes! I am especially interested in:
- Living a healthier life!
 - Learning about quitting smoking
 - Exercise groups
 - Nutrition classes
 - Learning more about my health
 - Learning techniques for relaxation
 - Managing my health and wellness
 - Other _____

Name: _____

Phone Number: _____

Email: _____

You can return this completed form to the front desk staff at Cirby Hills, call us, and/or speak with your Service Coordinator. We will follow up with you shortly!

Health 360: (916) 787-8889



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101 Cirby Hills Drive
Roseville, CA 95678
(916) 787-8800

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Promoting Health and Wellness

On-site at Cirby Hills



Helping you reach your goals to get healthy and stay well!

**Health 360
(916) 787-8889**

**Cirby Hills Clinic
(916) 787-8800**

**Toll-Free 24-hour Crisis Services
(888) 886-5401**

Health 360 — Total Health Care for You!

Our approach is simple: we believe that overall wellness means healthy minds and healthy bodies. Health 360 offers an array of primary care, mental health, and substance use services on-site at Cirby Hills.

What is involved?

Health 360 provides physical health, mental health, substance use, and wellness services all in one place at Cirby Hills. You and the Health 360 Team work together to help you get healthy and stay well. Services include:



Mental Health and Wellness

- Learning how your health impacts your body, your mind, and your daily life
- Exercise, recreation, and nutrition classes
- Peer recovery support
- Health coaching
- Mental health advocacy

Care Coordination

- Managing your health conditions
- Maintaining your health and wellness
- Providing recovery services
- Accessing health services

Substance Use Services

- Substance use screening
- Substance use services

Physical Health Care

- Primary care integration
- Linkage to specialty services
- On-site medical care clinic: *Coming Soon!*

Service Navigation and Resources

- Accessing community resources for you and your family
- Obtaining benefits

Helping you reach your goals to get healthy and stay well!

What is Health Coaching?

We are working with you to improve the quality of your care and your overall health. Your Health Coach will work with you regularly to help you:

- ✓ Set and track your health goals
- ✓ Acquire the tools you need to get healthy and stay well
- ✓ Learn ways to make your treatment work better
- ✓ Find ways to prevent and manage your physical, mental, and substance use related health conditions