



TAKE CONTROL OF YOUR MENTAL HEALTH

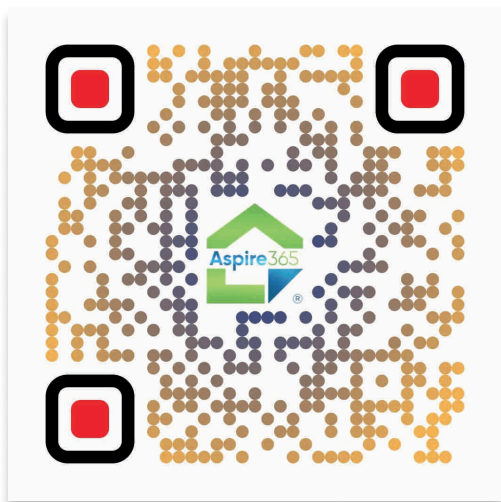
*Mental Health
Check-up at No Cost*



**IAFF Health &
Wellness Trust**

- Available for all covered health plan members age 12+
- Initial 15-minute Virtual consultation
- Same-day access to comprehensive healthcare for you and your family

SCAN THE QR CODE TO
SCHEDULE TODAY



OUR ADVANTAGES

- ✓ Instant care access, no waitlist.
- ✓ Flexible scheduling: mornings, evenings, weekends.
- ✓ Holistic, six-member team tailored to your well-being.
- ✓ Personalized one-on-one care model.

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