

# Are you seeking treatment to improve your mental health? Are you interested in treatment for a substance use disorder?

If you or someone you know falls into one of these categories, you should plan to attend an upcoming meeting on fairness in health coverage.

Monday  
January 22, 2018

6:30—8:00 P.M.

Maryland Heights  
Community Center  
Millennium Room C  
2300 McKelvey Road  
Maryland Heights, 63043

## Questions:

Contact Jackie

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or 314-775-1600

Hosted by:



## Did you know that Federal law requires most health plans to cover mental health and substance use disorder treatment at the same level as all other medical care?

Health insurance should help millions of Americans get the treatment they need, yet health plan members often face lower visit limits, higher costs and stricter review for mental health or substance use disorder care than for other types of medical treatment.

Enforcement of these parity laws relies on consumer complaints. Unless officials receive complaints, they assume there is no need to take additional action.

Most people don't even know what parity is, much less what to do if they are not receiving parity coverage. Very few know that filing a parity complaint is easy and often leads to coverage of the desired care.

## Join us to learn how to advocate for parity

Learn how to assert your parity rights at this presentation.

Using the hallmark *NAMI Smarts* method, this hands-on, skill-building lesson will help you:

- Learn about parity
- Understand how parity laws can help
- Identify warning signs of parity problems
- Learn the quick, easy steps to file a complaint

R.S.V.P. online at:

[www.namismarts-stlouis.eventbrite.com](http://www.namismarts-stlouis.eventbrite.com)

