

News Curran Group plan members can use.

Volume 1



A story of hope and recovery

When Trey was in high school, he began using alcohol on a consistent basis. Though not realizing it at the time, he had begun to construct a life around his alcohol use. Whenever an event happened in his life such as a family or work crisis, he turned to alcohol, and of course his social life completely revolved around it. Before he knew it, alcohol had him on the cusp of losing everything. He was very overweight and on multiple medications, including blood pressure and cholesterol medications. He avoided going to the doctor for fear of what they might say or find out. The bottom line was, he didn't care about himself. He only cared about the alcohol. But after hitting rock bottom, Trey was able to turn to Lionrock Behavioral Health, Inc., and their virtual in-home treatment program for care. This in-home care option gave him the ability to seek treatment with minimal disruption to his personal and work life. Now two and a half years into recovery, Trey has lost some 90 pounds, is off the cholesterol and blood pressure medications, and has his life back on track and thriving.

Signs of substance use disorder (SUD)

/// Behavioral

- Primarily uses substances to get inebriated
- Misses work or school because of substance use
- Performs poorly at work or school
- Experiences unusual mood changes

/// Physical Signs

- Rapid weight gain or loss
- Inability to sleep or being awake at unusual times
- Low or no energy
- Depressed or anxious

/// Help is just a call away, 24/7

Designed alongside clinical partners, Contigo Health's SUD treatment program provides access to treatment tailored to the individual and accessible 24 hours a day, with help in as little as an hour. Care includes virtual, home-based treatment through category pioneer Lionrock, and in-person treatment through the world-renowned Hazelden Betty Ford.* This approach allows a person the flexibility to maintain their family and work obligations while also focusing on getting better. The Contigo Health® Centers of Excellence 360 Substance Use Disorder Program offers all of this and a team that surrounds members throughout their treatment journey on their terms with a program that aligns with their lifestyle.



Here for members throughout the process.

We are here to help guide members along the way, including getting them started with Contigo Health's SUD program.

To learn more or to get help now,
visit contigohealth.com/curran or scan the QR code.
Or call 877-230-0989 to start a confidential conversation.



Curran Group does not receive reports or information pertaining to any health plan member who accesses the COE 360 Substance Use Disorder Program website or who participates in this program.

* Hazelden Betty Ford Foundation. Lionrock Behavioral Health, Inc.

The content contained herein is for educational and informational purposes only and shall not be construed as tax or medical advice. Nothing contained herein shall be construed as a guarantee of benefits. You must maintain eligibility to have access to the program. Limited conditions may be excluded from the program. Terms and conditions apply. Per IRS guidelines, this benefit is subject to deductible for HSA members.