
ABOUT FUTUREHEALTH

Included in ASAP is FutureHealth - an online health and wellness program. This program is a self-guided wellness course aimed at promoting awareness on various health topics such as:

Alcohol Misuse
Opioid Misuse
Eating Disorders
Anxiety & Stress
Sexual Misconduct
Personal Safety
Depression
Sleep Deprivation
... and more

FutureHealth has worked with the area's top medical doctors, mental health professionals, and universities to create this evidence-based program. Each course includes a documentary, reading material, a pre-exam and a final exam.

FutureHealth offers a full suite for our members that includes:

Lifestyle Blogs
Healthy Recipes
Hiking Trail Locator
Wellness Goals
Inspirational Texting
Peer Support
... and more

A Student Assistance Program, also known as ASAP, is offered through your student health insurance plan with Insurance For Students.

ASAP is available to you at no cost.



CALL FOR HELP
833.445.5058



www.MyFutureHealth.com

Visit www.MyFutureHealth.com and use your schools name to register and login.

**A Student
Assistance Program**



ABOUT ASAP

A Student Assistance Program (**ASAP**) is a comprehensive program that combines a 24/7 toll-free hotline with the health education and wellness tools from FutureHealth to help *YOU*, the student of today.

ASAP is available 24 hours a day and is a great resource for after hours support when your student health center is closed or when you're away from campus.

Call today!
833.445.5058

Part of our direct student outreach is "**Buddy**".

Buddy is an open line of email communication with student who may feel lonely or isolated in a new college environment.

833.445.5058

Immediate, confidential support, **24/7/365**, by phone with over **200 languages available** through a translation service.

Up to **3 face-to-face sessions** with a professional counselor in your insurance provider network for ongoing care.

Self-directed **online resources** including webinars, documentaries, educational courses, wellness tools, and much more!

Please visit
www.MyFutureHealth.com
and use your schools name to register and login.

This product is a benefit of your student health insurance.

CONCERNS INCLUDING:

**But not limited to*



Student life



Relationships



Adjustment in living away from home



Financial counseling



Mental health issues



Legal assistance



Alcohol or drug use concerns



LGBTQ+ Support

833.445.5058