FOR GI AND PRIMARY CARE OFFICES

Add this page to colonoscopy prep packets or hand it out at screening visits. Write your office's referral line below before printing or copying.

CHECK BOTH ENDS

LET'S CHECK THE OTHER END TOO.

You've made time to check on your colon. Make time to check on your mind, too. A first conversation with a therapist is preventive care, not a big declaration. The prep: you just show up.

1. Ask us

We can help you find a therapist or counselor in your network.

2. Check your benefits

Your health plan or your employer's EAP may cover sessions.

3. Book one visit

Even if there's nothing in particular to talk about.

OUR REFERRAL LINE

YOUR PLAN'S BEHAVIORAL HEALTH NUMBER

In crisis? Call or text 988, free and 24/7.
Find treatment: FindTreatment.gov · 1-800-662-4357

CHECK BOTH ENDS.

Check Both Ends is made and run by MOD. General education, not medical advice.