



AMA Insurance brings you **Ultimate Health**, a supplemental health insurance policy developed by ArmadaCare and underwritten by Sirius America Insurance Company.

- **Confidential behavioral health and well-being care navigation**
  - **Meet the needs of physicians** across the mental health continuum
  - **Offer a single point of entry** with resources for routine, critical and in-the-moment needs
  - **Support wide range of needs** from sleep disturbances to stress management to addiction or critical chronic illness
  - **Reduce the stigma** associated with seeking mental health treatment
- **Includes personal assessment with a master's level clinician to determine care pathway**
  - **Well-Being Coaching\*** for holistic well-being: physical, social, career and financial health
  - **Behavioral Health Coaching\*** for emotional health, resiliency, performance and coping skills
  - **Care Navigation** personalized guidance to a counselor or therapist for substance use, depression, anxiety or other serious conditions

\*Please note that coaching is not therapy or a form of medical care and that coaches do not diagnose or provide treatment.

Connect & Thrive services are coordinated with ArmadaCare's designated service provider and subject to specific terms, conditions, limitations and exclusions as defined in the policy and corresponding Certificate of Insurance.

For each insurance policy secured, AMA Insurance Agency, Inc., a subsidiary of the American Medical Association, receives a standard commission, which is a percentage of the premium collected by ArmadaCare.