

## No-Cost Pyx Health Program to Help with Feelings of Loneliness and Depression

### Neighborhood News – July 2024

Pyx Health is a social health solution designed to reduce loneliness and social isolation. This no-cost program extends support beyond traditional care settings, connecting Medicaid and Commercial Members with assistance for a variety of health-related social needs. Pyx Health's combination of trained, compassionate peer mentors and empathetic technology provides critical and timely interventions when members are at their most vulnerable.

#### Program Features

- **24/7 Mobile App Access\***: Members have round-the-clock access to a mobile app that offers resources to support your patients' physical and mental wellbeing, including evidence-based screenings to personalize support.
- **Peer Mentor Connection**: Pyx Health's Compassionate Support Center provides peer mentors for friendly chats, self-management tips, and assistance in accessing benefit resources.
- **Engaging Content**: Pyx Health includes companionship, humor, and empowering wellness activities to enhance users' overall well-being.
- **Medical Reminder**: Pyx Health includes a self-programmed medication reminder feature to assist users with medication adherence.

Research has consistently linked social isolation and loneliness to an increased risk of multiple physical and mental health conditions, as well as complex social determinants of health needs. When Pyx Health connects and builds trust with members they can uncover and solve, not only loneliness, but the myriad of unseen social needs that may be threatening their health.

#### Accessing the Program

Medicaid and Commercial members can access this no-cost program today! An [informational flyer](#) is available to download and share with your patients on the [Clinical Resources](#) webpage of the Neighborhood website. \*Patients can also choose to engage with Pyx Health services without downloading the app, ensuring accessibility for all.

Together, we can significantly impact our member's lives and support those that care for them.