

## Free Pyx Health App Helps with Feelings of Loneliness and Depression

Neighborhood News - October 2022

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In January, Neighborhood launched a new behavioral health benefit for Medicaid and Commercial members in partnership with Pyx Health.

*"Pyx Health is a mobile solution that reduces loneliness and social isolation by connecting with members outside of the traditional care setting. By providing critical and timely interventions and addressing social determinants of health, Pyx takes care of members when they are most vulnerable, especially after a transition of care."*

### **Medicaid and Commercial members have access to this free app TODAY!**

Pyx Health benefits, include:

- 24/7 access to resources to support your patients physical and mental wellbeing
- Connects them with a Compassionate Support Center Specialist for a friendly chat or help with accessing benefit resources
- Makes each day better with companionship, humor and empowering wellness activities

Research has linked social isolation and loneliness to higher risks for a variety of both physical and mental health conditions including high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death.

**An informational flyer is available for download/free sharing with your patients on the "[Clinical Resources](#)" webpage of the Neighborhood website. [Click here](#) and starting sharing today!**

Together, we can make a positive impact on our member's lives and those that care for them.