

What is anxiety?



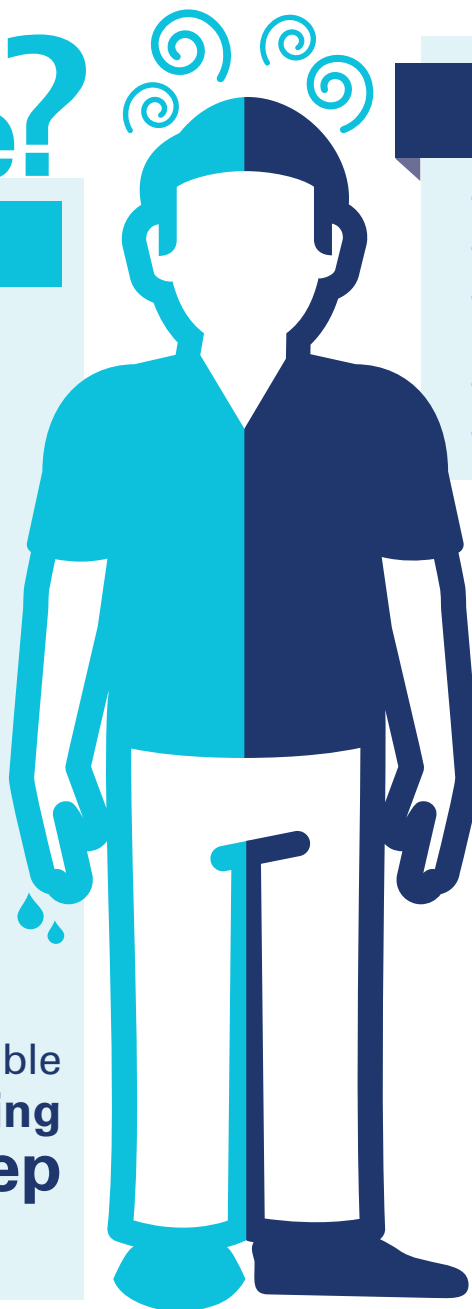
Anxiety is feeling worried, scared or uneasy. Sometimes it's about one thing, or it can be a general feeling that doesn't go away.

What does anxiety feel like?

In your body:

- Trembling, twitching or shaking
- Tightness in the throat or chest
- Feeling out of breath
- Racing heart
- Lightheaded or dizzy
- Sweating or cold, clammy hands
- Feeling jumpy
- Tense, sore or achy muscles
- Being very tired much of the time
- Not feeling rested when you wake up

You may have trouble
**falling or staying
asleep**



In your mind or your mood:

- Feeling irritable or on edge
- Worrying a lot
- Thinking something bad is going to happen
- Not able to focus
- Lose your train of thought



If you're struggling with anxiety, it's important to get a proper diagnosis.

Make an appointment with the primary care provider (PCP). They can help decide if treatment is right for you.



Treatment plans may include:

- Medication and psychotherapy or "talk therapy"
- Practicing stress management
- Relaxation and breathing tools like yoga or meditation

Helpful phone numbers for Simply Healthcare Plans, Inc. members only

Medicaid Member Services: Call the phone number on your member ID card

Monday through Friday, 8 a.m. to 7 p.m. Eastern time.

24-hour Nurse HelpLine: 1-844-406-2396 (TTY 711)

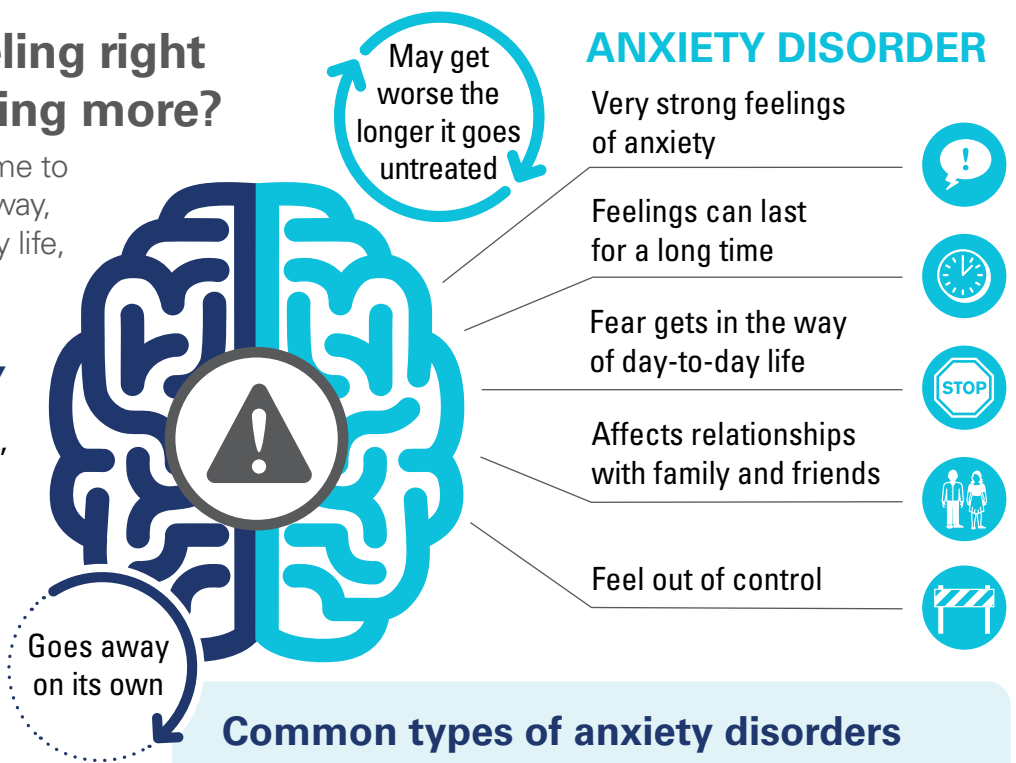
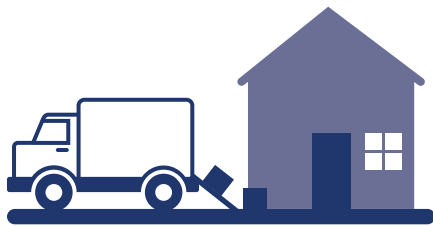
www.simplyhealthcareplans.com/medicaid

Is it just how I'm feeling right now, or is it something more?

Most people feel anxious from time to time. If your anxiety doesn't go away, gets worse or interferes with daily life, it may be more serious.

SITUATIONAL ANXIETY

Feelings of anxiety before a big test, job interview, or other life change like moving or having a baby



Getting help when you need it



Call Medicaid Member Services at the number on your member ID card.



We'll help you find a PCP or get a ride to an appointment if you need one.



24-hour Nurse HelpLine:
1-844-406-2396 (TTY 711)

Common types of anxiety disorders

- **Social anxiety disorder** — an intense fear of social situations, talking or doing things in front of others.
- **Panic disorder** — quick onset, intense fear that causes repeat panic attacks.
- **Phobias** — fears around objects or situations that are much worse than the actual danger.
- **Obsessive compulsive disorder (OCD)** — repeating thoughts or actions over and over without feeling in control.
- **Post-traumatic stress disorder (PTSD)** — intense fear that starts after witnessing or being involved in something very scary or traumatic.

Sources and resources:

Mayo Clinic, [mayoclinic.org](https://www.mayoclinic.org) | The National Institute of Mental Health, [nimh.nih.gov](https://www.nimh.nih.gov)
Anxiety.org, [anxiety.org](https://www.anxiety.org) | National Center for PTSD, www.ptsd.va.gov

Simply Healthcare Plans, Inc. follows Federal civil rights laws. We don't discriminate against people because of their: Race • Color • National origin • Age • Disability • Sex or gender identity

Do you need help with your health care, talking with us, or reading what we send you? Call us toll free at 1-844-406-2396 for Florida Medicaid, 1-877-440-3738 for Long-Term Care or TTY 711 to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-406-2396 para Florida Medicaid, 1-877-440-3738 para Long-Term Care o TTY 711 para recibir esto gratuitamente en otros idiomas o formatos.

Èske ou bezwen èd ak swen sante ou, èd pou pale ak nou, oswa pou li sa nou voye ba ou? Rele nou gratis nan 1-844-406-2396 pou Florida Medicaid, 1-877-440-3738 pou Long-Term Care oswa TTY 711 pou w jwenn sa gratis nan lòt lang oswa nan lòt fòm.