



[optum.com/helloidaho](https://optum.com/helloidaho)

#helloidaho  
#mymentalhealthidaho

You can  
help prevent  
isolation.  
**Say Hello!**

If you see  
someone  
alone

Reach  
out

Say  
Hello!



**OPTUM**<sup>®</sup>

#helloidaho

#mymentalhealthidaho