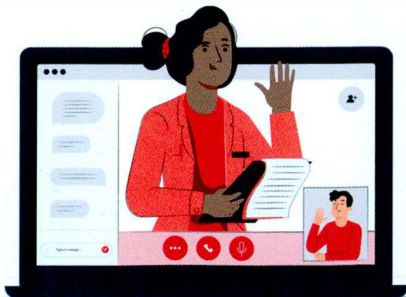


## About Us

At Total Life, we transform emotional support for older adults, making it easy, accessible, and life-changing. Our licensed therapists specialize in addressing the unique challenges of life after 65, providing personalized care that helps you feel connected and supported. With evidence-based programs that fit seamlessly into your day, you'll see lasting, positive changes quickly.

With Total Life, you're never alone on your wellness journey—our dedicated care team is here to make every step simple, meaningful, and focused on your well-being. **Ready to start?**

Let us support you every step of the way.



**Up to 100% covered by  
Medicare**



## Why Prioritize Your Mental Health?

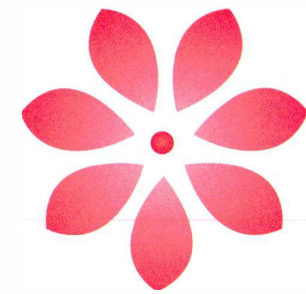
Aging comes with unique challenges, and sometimes it's hard to manage everything on your own. Research shows that nearly one in four older adults face issues like grief, isolation, new health diagnoses, or a loss of independence. These struggles can impact how you feel, adding stress and affecting your overall health.

At Total Life, we're here to help you handle these changes with genuine empathy and care. Our team of experienced therapists is dedicated to providing the support you deserve, so you can focus on feeling happier, healthier, and more connected.

It's why so many older adults trust and love Total Life.

**Did You Know?  
Medicare Covers Therapy**

**1-800-567-5433 | TotalLife.com**



# Total Life

## Therapy designed for older adults

With compassionate, licensed mental health therapists, Total Life is dedicated to helping older adults navigate life's challenges and feel empowered in their health journey

**WE ACCEPT MEDICARE**

**1-800-567-5433 | TotalLife.com**

## Why Try Therapy

### Total Life supports older adults by providing:

- Relief from symptoms of depression and anxiety
- Support for managing chronic health challenges
- Solutions for improving sleep and reducing pain
- Connection to help combat loneliness
- Guidance for coping with grief and loss
- Tools to foster a renewed sense of purpose and resilience
- Support for Caregivers

### We're also here for those who:

- Are transitioning from a hospital stay and need help adjusting to life at home
- Are managing multiple health conditions and need guidance

### Did You Know? Medicare Covers Therapy

Older adults facing health issues, life transitions, or difficulty coping can find renewed strength and support with Total Life.

## Amazing Benefits

**Feel Better, Faster:** Experience significant relief from depression, anxiety, or stress with compassionate care designed to uplift.

**Quick Start—No Long Waits:** Start your journey to better mental health without delay, receiving the support you need right away.

**Find New Purpose:** Renewed hope, resilience, and joy in daily life with expert guidance tailored for you.

**Boost Your Energy:** A lighter mood often brings fresh energy for your favorite activities.

**Easier Health Management:** Improved emotional well-being makes managing your physical health simpler, keeping you motivated and engaged.



**Total Life**

You May be fully covered!  
Call now to verify:

**1-800-567-5433 | TotalLife.com**

## Easy Sign Up

### 3 quick steps to sign up:

1. Simply Call or Sign up Online
2. Verify Insurance Coverage -  
***you may be fully covered***
3. Schedule your First Session



**1-800-567-LIFE**



**www.TotalLife.com**

Call us or visit our website and click **Get Started** to sign up.

Our Dedicated Care Team will confirm your insurance coverage details and book your appointment within hours.