Sun Life®

HEALTH NAVIGATOR, POWERED BY PINNACLECARE

Guiding Substance Abuse Recovery with Health Navigator

Struggling with substance abuse can feel overwhelming, but you don't have to face it alone. Health Navigator, powered by PinnacleCare, is here to guide you to getting the recovery assistance you need.

Substance abuse is a serious issue that affects millions of people. But there is hope — and help available.

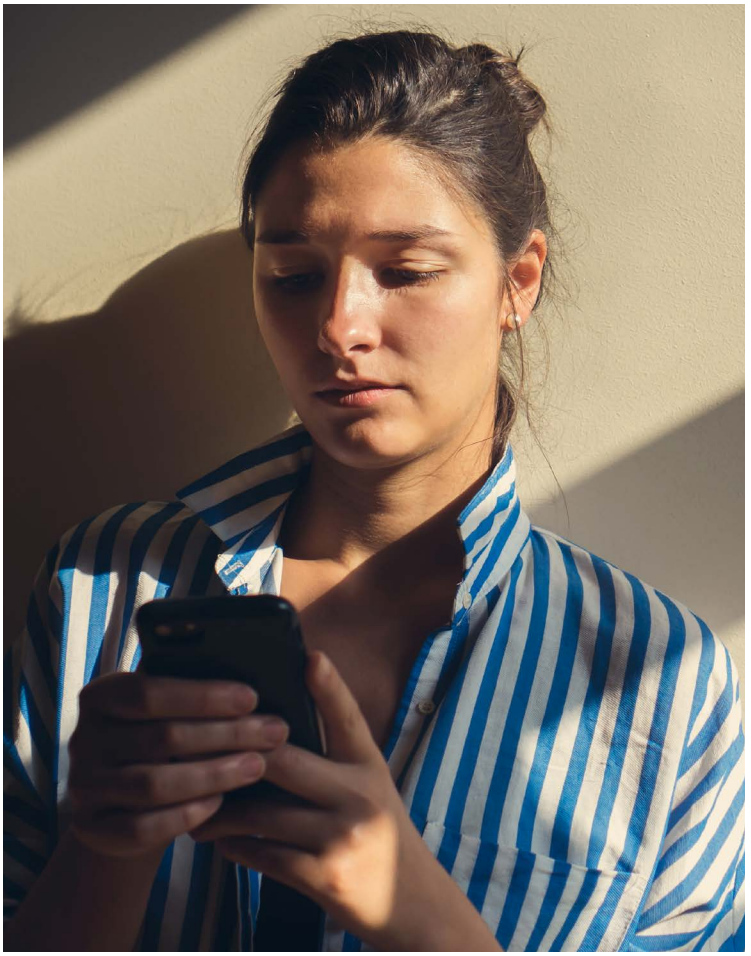
Signs of Substance Abuse:

- Using drugs or alcohol to cope with problems
- Continuing to use despite negative consequences
- Experiencing withdrawal symptoms when stopping the use of a substance
- Spending excessive time obtaining, using, or recovering from substances
- Neglecting work, school, or family responsibilities

Don't Wait – Get Support Today

Substance abuse can have devastating effects on your health, relationships, and overall well-being. But recovery is possible with the right help. **A Health Navigator Care Advisor can help you find the right counselor, therapist, support group or facility you need to begin your journey to sobriety.**

Reach out for help today. Let Health Navigator empower you to take back your health and wellness.



According to the National Institute on Drug Abuse, an estimated 21.6 million people aged 12 or older had a substance use disorder in 2020.[1]

Contact Health Navigator today to get started on your path to recovery or for any health need. Visit sunlife.com/healthnav or call 888-352-4969. Representatives are available Monday-Friday, 8:00am-6:00pm (ET).

1. National Institute on Drug Abuse. (2022). Substance Use and SUDs in the U.S. Retrieved from https://www.drugabuse.gov/drug-topics/trends-statistics/national-drug-use-health-survey-nsduh

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