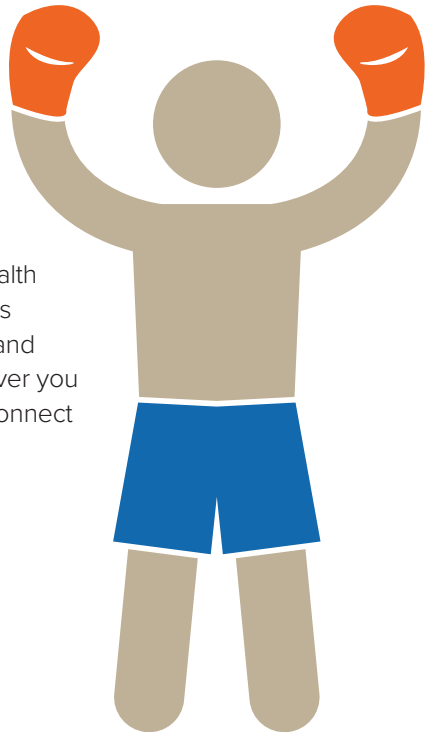




You've Got a Health Coach in Your Corner

Ready to get on track with your health but not sure where to start? You don't have to figure it out on your own. Your health plan includes free one-on-one coaching from a health care professional.

Our team of nationally accredited health coaches includes registered nurses, dietitians, health educators, respiratory therapists, certified diabetes educators, licensed behavioral health specialists and other health and well-being professionals. Wherever you are in your health and wellness journey, we can connect you to the right coach.



Behavioral health and chronic disease coaching

It can feel overwhelming to live with a chronic health condition. Are you seeing the right doctors and taking the right medications? Are you doing what's needed to keep your symptoms in check? Your personal health coach can help you better understand your condition and the steps you can take to achieve your best health. Programs are available to members age 18 and older unless otherwise noted.

We offer telephone health coaching for:

- Attention deficit hyperactivity disorder (ADHD)
- Asthma (pediatric and adult)
- Bipolar disorder
- Coronary artery disease (CAD)
- Congestive heart failure (CHF)
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Diabetes (pediatric and adult)
- High cholesterol
- Hypertension (high blood pressure)
- Metabolic health
- Migraine
- Postpartum support
- Recovery support



Healthy lifestyle coaching

You've decided it's time for improvement — kicking a bad habit, exercising more or switching up your diet. Or maybe you need guidance as you adjust to a major change in your life, such as pregnancy. By working with a health coach, you have support each step of the way. Together, you can create an action plan to meet your personal goals. Programs are available to members age 18 and older unless otherwise noted.

We offer telephone health coaching for:

- Back care
- Maternity (preconception, pregnancy and postpartum care)
- Stress management
- Tobacco-free living
- Weight management (pediatric and adult)



Connect to your coach

To enroll in any of our programs, call the health coaching team at 855-838-5897.



The information contained in this brochure is for educational purposes only. It does not represent a standard of care. Your physician must determine the appropriateness of the information in light of all your circumstances. It is important to discuss options with your physician when deciding on the best treatment for you.

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