

We'll help you

GET WHAT YOU NEED

Just say when.



If you have a chronic health condition, we know there are times when you need extra help. That's why we're here. Take advantage of our free health coaching telephonically or online. We'll meet you where you are and be there when you need us.

Connect with one dedicated contact.

A health advocate trained as a nurse, health educator, or behavioral health specialist – may be contacting you to get things started, or you can call us at any time. We can help you:

- Manage a chronic health condition.
- Follow a personal care plan.
- Understand medications or your doctor's orders.
- Identify health risks that affect your condition.
- Make educated decisions on your treatment options.
- Know what to expect if you need to spend time in the hospital.
- Improve your lifestyle by coping with stress, quitting tobacco use, maintaining good eating habits, and managing or losing weight.

or

Take charge of your health using online tools.

We offer 24/7 online support to help you better understand your condition and overcome barriers to better health.

- Online programs that can offer help with lifestyle issues from weight, stress and smoking to chronic condition support for diabetes, asthma, heart failure and more.
- Tools to help you understand your condition and make more informed treatment decisions.
- Articles and podcasts on hundreds of health topics.

You decide when
what we have
works for you.

GO YOU[®]



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