

## Manage Your Condition Health Coaching Program

### Your Health. Your Benefits.

When it comes to feeling your best, your needs are unique to you. Sometimes a little encouragement, understanding and support is all you need to feel better. Whether you're actively trying to improve your well-being, or you're just thinking about it, you and your family have access to unlimited, confidential health coaching sessions to help you reach your goals.

#### What is my health coaching benefit?

- Unlimited, confidential health coaching sessions to help you manage your chronic condition
- Available to you and your covered family members at no cost
- Create a personalized plan to help you meet and maintain your health goals

*Improve your health,  
enhance your quality of life  
and feel better*

#### Health coaching is available to those managing:

- Diabetes
- Asthma
- High Cholesterol
- Congestive Heart Failure
- Artery Disease
- High Blood Pressure
- Chronic Obstructive Pulmonary Disease (COPD)

#### How it works

- You'll schedule time to talk with your coach over the phone when it's convenient for you:
  - Monday – Thursday 8:00am to 10:00pm and Friday, 8:00am to 6:00pm (EST).
- Appointments can range from 15 minutes to an hour – depending on your needs.
- Your health coaching benefit can be used anytime throughout your plan effective dates.



**To learn more, or to enroll in the program:**  
Call (866) 234-4635 to speak to a health coach

