

We'll help you **get what you need**
for your chronic health condition.

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 and then, when you're ready to go it alone, say the word. We'll guide you to self service resources and be there when you need us. It's up to you.

Connect with
one dedicated contact.

A health specialist – trained as a nurse, coach, nutritionist or clinician – may be calling you to get things started, or you can call us at any time.

We can help you:

- **Manage** a chronic health condition.
- **Create** a personal care plan.
- **Understand** medications or your doctor's orders.
- **Identify** triggers 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.

When you're doing well on your own, we can still help with a variety of self-service resources to help you better understand your condition and overcome barriers to better health.

- A tool to help you understand your condition and make more informed treatment decisions.
- Articles and podcasts on hundreds of health topics.
- Online programs with email campaigns to help you with lifestyle issues like stress, weight and tobacco use, depression and anxiety and living with a medical condition.

You decide when what we have works for you.



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