



## NURSE HEALTH COACHING

Available at no cost  
to you as part of your  
health benefits!



You may be eligible to enroll  
if you have one or more of  
the following conditions:

Asthma\*

Chronic kidney disease

COPD

Chronic pain

Congestive heart failure

Coronary artery disease

Diabetes\*

High blood pressure

High cholesterol

\*Pediatric asthma and diabetes  
programs are also available.

### How does Nurse Health Coaching work?

1. You should have received a letter in the mail that explained the program and its benefits.
2. If you are identified as being eligible for Nurse Health Coaching, you may receive a phone call from an engagement specialist who can explain the program.
3. If you have not received a letter or phone call and have one of the conditions listed above, call the number on the bottom of the page.
4. After you enroll in the program, you will speak with a nurse health coach on a regular basis.
5. Phone calls with your nurse health coach will be tailored to help you with your specific condition. Your coach can send you educational information and provide support when your condition is hard to manage.

To learn more about  
the program or to  
enroll today and start  
speaking to a nurse  
health coach, call

**1.866.458.0474**