



## Get help managing your health

If you have a health condition, you are far from alone. Did you know almost **50 percent** of people in the U.S. have a chronic health condition of one type or another? By making changes in the way you live, you can take control of your health. And the ASBAIT Nurse Health Coaching program can help.

### Nurse Health Coaching can help you manage:

- Asthma.
- Chronic Kidney Disease (CKD).
- Chronic Obstructive Pulmonary Disease.
- Chronic pain.
- Coronary Artery Disease (CAD).
- Congestive Heart Failure (CHF).
- Diabetes.
- High blood pressure (Hypertension).
- High cholesterol (Hyperlipidemia).

## Earn money for joining!

If you have a qualifying condition and join the Nurse Health Coaching program, you will receive a quarterly incentive of \$25, up to a maximum of \$100! You can find more details in your employee benefits booklet.

## It's easy to join

If you feel this program could help you, and you would like more information, simply call **1.855.527.2248** to see if you are eligible.

## Take steps to live—and feel—better

As part of the ASBAIT Nurse Health Coaching program, you'll work with a registered nurse. The goal of this program is to help you control your chronic condition, rather than allowing the condition to control you. At the same time, the program will help you set achievable steps and goals to assist you with living a healthy lifestyle.

### Your nurse coach will help you:



- Set key health goals, such as lowering your cholesterol or blood sugar, or reaching a healthier blood pressure.
- Notice warning signs and know what to do if they happen.
- Follow your doctor's plan of care for you.
- Learn more about your health with helpful materials.
- Find places near where you live that can give you extra support, if you need it.

## Get more out of life

When you feel better, you'll be able to do more of the things you love. And ASBAIT Nurse Health Coaching can help. Please note, we may invite you to this voluntary program by phone or mail and identify ourselves as American Health Holdings/Meritain Health® Medical Management. If you feel you could benefit from a nurse coach, just call **1.855.527.2248** to join. Your future self will thank you.