

Meritain Health Nurse Health Coaching

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 Meritain Health Nurse Health Coaching program can help.

Nurse Health Coaching can help you manage:

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

It's easy to join

If you feel this program could help you and want more information, simply call **1.888.610.0089**.



Take steps to live—and feel—better

As part of this confidential program, you'll work with a nurse health coach. Your nurse coach is a registered nurse who will help you set health goals and take steps for a healthier lifestyle. You'll get the advice and support you need to feel better.

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 Meritain Health Nurse Health Coaching can help. If you feel you could benefit from this program, just call **1.888.610.0089** to join. Your future self will thank you.



ADVOCATES FOR
HEALTHIER LIVING

Advocates for Healthier Living

Meritain Health provides easy-to-use healthcare benefits you can use to stay healthy and productive. Contact us at the number on your ID Card if you have any questions about your plan.