



HealthReach and You



As a free service to you, the HealthReach program provides a dedicated Nurse to motivate and support your total well-being— and help fit YOU back into your day.

Your HealthReach Nurse will provide education and coaching to help slow the progression of existing problems and prevent new ones.



Members, spouses and dependents over 18 years can work with a HealthReach Nurse Care Manager for free!

This exciting program provides you with:

- Personalized coaching from your dedicated Nurse Care Manager
- Conversations at times convenient for you, based upon your schedule
- Education materials and resources on any current condition
- Assistance in meeting personal wellness goals
- Support in becoming a healthier you

Get Started Today! 3 Easy Options

1. **Call** (800) 582-1535
2. **Scan** the QR code
3. **If a Nurse Care Manager calls you to discuss the program, take the call.**
Take control of your health!



How Do You Get Started? Take The Call!
A Nurse Care Manager will be calling you soon to discuss the programs, so take the call to speak with your care manager and take control of your health!

- You will have completed the program when the goals have been met as determined between you and your RN coach.
- You will receive a survey to provide feedback regarding the program.
- You can always contact your nurse in the future if you need additional education, support and coaching to help you continue on a path to wellness and a strong advocate for your own health.

All aspects of HealthReach are confidential and not shared with your employer.