

# the information and support you need, when and where you need it – 24/7 Health Coaching.

## health questions? just pickup the phone.

Our Health Coaching program can provide you with answers to virtually any health care question you might have. Reliable information regarding treatment options, health care decisions, managing a current condition – information that can put your mind at ease while making sure you get the care you need. No matter what the problem is, a whole team of trained health professionals such as registered nurses, dieticians and respiratory therapists are waiting to help you 24 hours a day, 7 days a week – by phone or online.

## what a Health Coach can do for you:

- Develop a personalized wellness plan based on your needs and your budget
- Coach and motivate you to help change unhealthy behaviors
- Research providers and programs that fit your needs
- Provide preventive health information for developing healthy habits
- Help manage chronic conditions

## call a Health Coach when you need:

- Caring support from someone who has the time to listen to you and answer your questions
- Assistance managing chronic conditions such as asthma, diabetes and heart disease
- Information to prepare for medical tests, procedures and surgery
- In-depth information on treatment options for complex medical issues
- Help making the most of your health care provider visits
- Educational materials and videos sent to your home at no charge
- Information on symptoms being experienced
- Tips for communicating concerns with a doctor

## can't get to a phone?

You can also contact a Health Coach online, through our Health Coaching Dialog Center. You get the support you need when and how you want it.

## even more information available online.

If you're looking for credible information on conditions, treatments, procedures, preventive care, medications and more, you'll find it online with our Healthwise® Knowledgebase. It connects you to more than 6,000 health topics with just a few mouse-clicks.

## talk directly to a Health Coach today. Call 1-800-348-9786 now or learn more at [univerahealthcare.com](http://univerahealthcare.com)

**another way we fit your life better** – with all the plans, programs, tools and resources you need to live healthier and happier every day, it's no wonder Univera Healthcare fits your life better. Go to [univerahealthcare.com](http://univerahealthcare.com) today!

### Service available to eligible Univera Healthcare members only.

Health Coaches do not offer medical advice, nor do they practice nursing. They act solely as a source for support and education. Always speak with a doctor before taking any kind of medical action.



**we fit your life better**

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