

Your Allegiance Nurse Health Coaching program

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



Participating in Disease Management can be counted towards your Next Step activity requirement

We're excited to offer a new program that can help you achieve your best health! If you have a health condition, you have access to your own registered nurse through the confidential **Nurse Health Coaching** program. Your personal nurse health coach will help you understand and manage your condition to start living a healthier lifestyle.

If you have one or more of the conditions listed below, you may receive a phone call soon from an engagement specialist, who will explain how the Nurse Health Coaching program works and offer you the opportunity to enroll.

- Asthma*
- Chronic kidney disease (CKD)
- Chronic obstructive pulmonary disease (COPD)
- Chronic pain
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)
- Diabetes*
- High blood pressure
- High cholesterol

*Pediatric asthma and diabetes programs are also available.

Nurse Health Coaching is a confidential program that's available at no cost to you. If you participate, you will work over the phone with a dedicated nurse health coach who can give you expert health insight and guidance in addition to your doctor's plan of care. Your nurse health coach will also help you set step-by-step goals to manage your condition and maintain a healthy lifestyle.

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

1-866-458-0474

