

Your personal nurse health coach.

Support in managing chronic conditions.



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Nurse Health Coaching

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.

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.

What you get:

- A personal nurse health coach you can call on for help.
- Guidance that complements your doctor's care plan.
- Help setting small, realistic goals to manage your condition and improve your health.

Qualifying conditions include:

- 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.

Call **1-800-451-6123** to enroll or learn more!

Want to learn more about your wellness benefit?

→ Please visit info.emihealth.com/bewell.