

# ONE CONNECTION TO TOTAL HEALTH AND WELL-BEING



Everyone has different needs when it comes to improving their health and well-being. Do you always know all of your options? Where to get a quick answer? Or where to go for help with a more serious situation?

You now have a team of health specialists – including individuals trained as nurses, coaches, nutritionists, clinicians and counselors – who will listen, understand your needs and help you find solutions, even when you're not sure where to begin.

- › Dial one phone number for support.
- › Get service that meets your personal needs, at no extra cost.
- › Access confidential assistance from reliable, compassionate professionals.

## Partner with a health advocate to take a more active role in your health:

- › Maintain good eating and exercise habits.
- › Receive support and encouragement to set and reach health improvement goals.
- › Better manage conditions, including coronary artery disease, low back pain, arthritis, high blood pressure, high cholesterol and more.

Here is one number you need to know:

**Together, all the way.<sup>SM</sup>**

## Learn skills at your own pace online:

- › Identify triggers to better cope with and reduce stress.
- › Improve your sleep.
- › Increase your physical activity and improve your nutrition.
- › Benefit from personalized, preference-based outreach (phone, text, email), coaching support and online resources that make it easier for you to get the care you need, when and how you want it.

## One phone call lets you:

- › Get information to better understand your treatment options - so you and your doctor can choose what works for you.
- › Understand preventive screenings and annual exams to meet your needs and preferences.
- › Know what to expect and how to prepare if you need to spend time in the hospital or need surgery.
- › Understand what to expect when you return home from a hospital stay.
- › Get answers to questions about your benefits and finding your way through the health care system.
- › Access support 24-hours-a-day when you need help understanding treatment options. For example, how to treat your child's high fever.



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