



Meritain Health® Nurse Health Coaching

Get help managing your health

If you have a health condition, you're not alone. Did you know nearly half of all people in the U.S. have at least one chronic health condition?¹ However, by making changes in the way you live, you can take control of your health. The Meritain Health Nurse Health Coaching Program can help.

Nurse Health Coaching can help you manage:

- Asthma.
- Chronic Obstructive Pulmonary Disease (COPD).
- Chronic Kidney Disease (CKD).
- Chronic pain.
- Coronary Artery Disease (CAD).
- Congestive Heart Failure (CHF).
- Diabetes.
- High blood pressure (Hypertension).
- High cholesterol (Hyperlipidemia).

Take steps to live—and feel—better

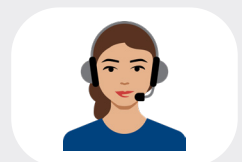
As part of this confidential program, you'll work with a nurse health coach through phone or video conferencing. Your nurse coach is a registered nurse who will help you set health goals and take steps toward a healthier lifestyle. So, you'll get the advice and support you need to feel better.

Your nurse coach will help you:

- Set key health goals, such as lowering your cholesterol, blood sugar or reaching a healthier blood pressure.
- Notice warning signs and know what to do if they happen.
- Follow your doctor's care plan.
- Learn more about your health with helpful materials.
- Find places close to home where you can find extra support, if you need it.

Get more out of life



When you feel better, you'll be able to do more of the things you love. If you feel you could benefit from this program, just call **1.888.610.0089** to join.



¹Source: https://www.cdc.gov/pcd/issues/2020/20_0130.htm

Simple. Transparent. Versatile.

At Meritain Health®, we're creating unrivaled connections.

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