



# HealthReach & You



HealthReach is a Condition Management Program designed to help plan participants with chronic conditions get back on track and stay compliant while helping to reduce future healthcare costs.

During the first call your nurse will gather important information on your health and you will both work together to create goals. Your nurse will work with you and your schedule, and follow up calls will be every 4-6 weeks until you have completed the program.



## How Do You Get Started? Take The Call!

A Nurse Care Manager will be calling you soon to discuss the programs, so take the call to speak with your care manager and take control of your health!

### How does the nurse talk to my other benefit providers?

As part of this program, your nurse may contact your primary care physician. This will be to confirm your physician's plan of care and determine any health goals that the physician has established with you.

### Is it confidential?

All aspects of the program are confidential.

### Do you and others decide what I should do without consulting me?

The nurse is strictly collaborating with your physician, with your knowledge, and does not attempt to change the plan of care in any way.

### Will my employer see my information?

- HealthReach is HIPAA compliant, private and secure.
- The only information that the benefit plan sees is if you ARE or ARE NOT participating in the program.

### What will happen when I complete the program?

- You will have completed the program when the goals have been met as determined between you and your RN coach.
- You will receive a survey to provide feedback regarding the program.
- You can always contact your nurse in the future if you need additional education, support and coaching to help you continue on a path to wellness and a strong advocate for your own health.

### Contact Us:

**Nurse Care Manager**  
1-800-582-1535