

Exclusive Members-Only Tools Help Employees Reach Their Health Goals

Our members have the power to change their lives for the better. And we're with them to help make it easier. They'll find everything they need to get started on our [member health portal](#). The following tools and resources are available to members at no additional cost, just like our other health and wellness programs:

- **Take their Wellbeing Assessment** -- This online questionnaire helps educate members about their current health status and recommends ways they can take action to improve their health.
- **Enroll in wellness coaching** -- Telephonic Lifestyle Coaching provides members with unlimited access by phone or secure email to a health coach for six months.* There's also Virtual Coaching, which offers members access to a series of online, interactive programs that can put them on the path toward meeting their health-related goals.
- **Take advantage of Nurse24SM** — Members can have a secure online chat with a registered nurse on our member health portal at any time. Or they can call 866.201.7919 to speak with a nurse by phone 24/7/365.

Members may also be eligible for Condition Management* -- Members with diabetes, coronary artery disease, heart failure, and chronic obstructive pulmonary disease can work with dedicated Condition Management nurses telephonically, and have access to relevant educational materials. For more information, members should call **866.201.7919**.

*Available to all fully insured members and self-insured members whose employer has opted into the program.

.

.