



# UNLOCK A HEALTHIER YOU!

WITH EXCLUSIVE MEMBERS-  
ONLY TOOLS TO HELP YOU  
REACH YOUR GOALS



You have the power to change your life for the better and we're here to help make it easier. We'll provide you with exclusive access to valuable tools and resources on our member health portal.

- 1. TAKE YOUR WELLBEING ASSESSMENT (WBA)**—online questionnaire educates you about your health and recommends ways you can improve it.
- 2. ENROLL IN WELLNESS COACHING**—choose from: telephonic lifestyle coaching or virtual coaching.
- 3. TALK WITH A NURSE**—for members with diabetes, coronary artery disease, COPD, and heart failure at **866.201.7919**.
- 4. TAKE ADVANTAGE OF NURSE24<sup>SM</sup>**—speak to a registered nurse 24/7 about any health-related issue at **866.201.7919**.

To learn more go to  
[tuftshealthplan.com/unlock-a-healthier-you](https://tuftshealthplan.com/unlock-a-healthier-you)