

Better Health Solutions ...don't "fall back" into old habits!

What is the BETTER HEALTH SOLUTIONS Program?

- ✓ *A No Cost benefit provided by your Health Plan*
- ✓ *Provides you and your covered family members a registered Nurse Health Coach*
- ✓ *Focused on helping members avoid or better manage long term, chronic conditions*

The program is designed to help you understand how to stay well or to get better and focuses on four chronic conditions or diseases which won't go away.

- ✓ **Asthma,**
- ✓ **Chronic Obstructive Pulmonary Disease,**
- ✓ **Diabetes, and**
- ✓ **Heart diseases** (high blood pressure and high cholesterol, stroke, congestive heart failure and coronary artery disease)

Here's what members have to say...

"Thank you for showing me how I could finally control my Diabetes with regular blood sugar testing!"
"You helped me lose weight and find ways I could enjoy exercise with my family!"
"I never thought I could stop smoking without drugs but exercise actually helped motivate me to quit!"

Do you have Diabetes?

Many members are unaware of all the treatment options available or the consequences of inadequate treatment or monitoring. Having diabetes means you are more likely to have a heart attack or a stroke—but it doesn't have to—if you manage your diabetes. Over time, high blood glucose levels can damage vital organs such as your kidneys and your eyes. The A1C test is a simple blood test that measures your average blood sugar over the last three months.

Suggested Blood Glucose Goal is below 7 on the A1C test. People with diabetes should have this test at least TWICE A YEAR.



If you have diabetes you should also take care of your heart. You can live a long and healthy life by managing your blood pressure and cholesterol. High blood pressure is a serious disease that makes your heart work too hard and may be linked to Alzheimer's Disease. You can also reduce LDL or "bad cholesterol" from building up in your arteries and your heart.

The suggested Blood Pressure goal is below 120/80 and should be tested at every doctor's visit. The suggested Cholesterol goal is below 200 and should be tested yearly.

A HEALTH COACH CAN...

Help you find so many new ways to be and stay healthier. Find new recipes that you and your family will love and new ways to be active while you are having fun! Members working with a health coach also report decreases in symptom frequency and severity which altered their daily activities. You are invited today to call to speak with a Health Coach at MCM at 1-800-367-9938 and get started on enjoying a healthy life!

You may also enroll through our secure website from the "Health Coaching" box on the homepage at www.medicalcost.com

We look forward to hearing from you!





SOUND FAMILIAR?

"I'm embarrassed to go to a gym ..."

"I don't have time to exercise..."

"I'm too tired to exercise..."

Maybe one of these is the reason you aren't physically active or exercising. But, it's usually more dangerous not to exercise, no matter how old you are. And you don't need to buy fancy clothes or belong to a gym to become more active.

- ✓ *Beginning with one small step is the first way to get started on a new healthy lifestyle.*
- ✓ *Your Health Coach is ready to be your partner on your new better health journey!*
- ✓ *Unless you have health issues that prevent you from certain activities (check with your practitioner if you do), walking is a great way to get started on exercise.*

Make physical activity a part of your everyday life.

Find things you enjoy. Go for brisk walks. Ride a bike. Dance. Work around the house and in the yard. Take care of your garden. Climb stairs. Rake leaves. Do a mix of things that keep you moving and active.

What to do? TAKE ACTION NOW!!!

You can live longer for your family, improve your health, and reduce your risk of heart disease, stroke and diabetes. Eat the right amounts of foods like fruits, vegetables, beans, and whole grains. Eat foods that are prepared with less salt and fat. Get at least 30 minutes of physical activity every day. Stay at a healthy weight—by being active and eating the right amounts of healthy foods. Stop smoking—seek help. Take medicines the way your doctor tells you. Ask your doctor about taking aspirin. Ask your family and friends to help you take care of your heart and your diabetes.

Contact a Registered Nurse Health Coach

Contact us at Better Health Solutions to receive an in-depth assessment of your health status, care management guidelines, educational materials and someone you can trust to help answer your questions and reach your goals!!!

1-800-367-9938

