If you have a chronic condition, you are far from alone. According to a recent study, nearly one in two Americans have chronic conditions of one kind or another. These conditions cause major limitations in daily living for almost 1 out of 10 Americans.

However, by adopting healthy behaviors such as eating nutritious foods, being physically active and avoiding tobacco use, you can reduce or eliminate complications associated with your chronic condition.

**Controlling your condition**
The goal of Healthy Merits Disease Management program is to help you control your chronic condition, rather than allowing the condition to control you. At the same time, the program will help you set achievable steps and goals to assist you with living a healthy lifestyle.

**Participating in the program**
If you are invited to participate in the Healthy Merits Disease Management program and you choose to do so, you will promptly receive information about the program’s resources and educational opportunities. As a member, you may be provided with complimentary equipment to assist you in managing your condition. You may also self-refer if you think you will benefit from the program.

**Getting the assistance you need**
As a program participant, you will be assigned a personal Nurse Coach. Your Nurse Coach will be a registered nurse that uses motivational techniques to build your self-confidence in managing your condition and identify ways you can get and stay healthy.

**Specifically, your Nurse Coach will:**
- Help you set targets and goals, such as lowering your blood sugar, controlling your blood pressure and reducing your cholesterol.
- Provide information on warning signs and symptoms and what to do if they occur.
- Help you comply with your physician’s plan of care.
- Provide educational resources specific to your needs.
- Direct you to local community resources.

**Think you may benefit from the program?**
If you think you would benefit from the program but you have not been contacted, please call 1.877.348.4533 ext. 2. The Healthy Merits team is ready to help you manage your condition and maximize the quality of your life.

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**Healthy Merits helps members manage the following conditions:**
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic pain
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Diabetes
- Hyperlipidemia
- Hypertension