

# Nurse Coaching

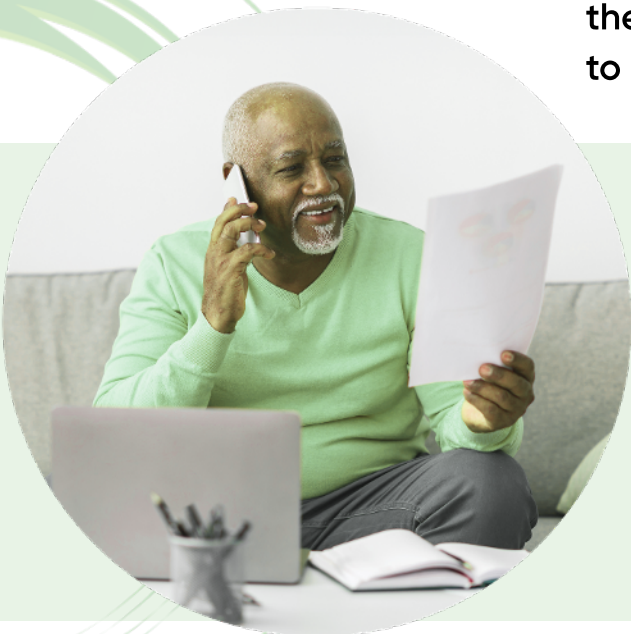
*Administered by American Health Holding*

If you have a health condition, you have access to your own registered nurse through the confidential Nurse Health Coaching program. Your personal nurse health coach will help you understand and manage your condition to start living a healthier lifestyle.

Nurse Health Coaching is a confidential program that's available at no cost to you. If you participate, you will work over the phone with a dedicated nurse health coach who can give you expert health insight and guidance in addition to your doctor's plan of care. Your nurse health coach will also help you set step-by-step goals to manage your condition and maintain a healthy lifestyle.



**If you have one or more of the conditions listed below, the Nurse Health Coaching program can help you. Call to talk to your dedicated nurse health coach today.**



- Asthma\*
- Chronic kidney disease (CKD)
- Chronic obstructive pulmonary disease (COPD)
- Chronic Pain
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)
- Diabetes\*
- High blood pressure
- High cholesterol

\*Pediatric asthma and diabetes programs are also available

**1-800-451-6123**

**Call to learn more about the program or to enroll today and start speaking to a nurse health coach.**