

# HEALTH PROGRAMS AND RESOURCES

For Members



**As a Sutter Health Plus member, you gain access to a variety of programs and resources to help you maintain a healthy lifestyle and improve health conditions. Learn more about our focus on health and wellness by visiting [sutterhealthplus.org/wellness](http://sutterhealthplus.org/wellness).**

### **Health Coaching Program**

Sutter Health Plus offers the Health Coaching Program at no additional out-of-pocket cost. This telephone-based program combines personal life coaching with personal accountability as a way of engaging you to achieve your wellness goals.

The program currently offers help with healthy weight, tobacco cessation and stress management. You and your coach will work together to address needs, concerns and preferences.

### **Disease Management Program**

After enrolling for coverage, you are eligible for the Sutter Health Telephonic Disease Management Program for asthma, heart failure, diabetes, high blood pressure, or high cholesterol. You can be referred by your doctor or enroll yourself in one or more of these programs at no additional out-of-pocket costs. Once you enroll in the program, the disease management program team works with you to improve health in these areas.

### **Health and Wellness Site**

The Sutter Health Plus Health and Wellness site was designed with your physical and mental health in mind. The site provides health-related tools and resources to help you achieve your personal health and wellness goals. The site offers a personal health assessment, 12 action plan modules and access to our Health Coaching Program.

### **Health Maintenance Guidelines**

Sutter Health Plus designed the *Partnering for Your Best Health* brochure to help you and your family stay healthy during all stages of life. The annual guidelines help you understand the latest immunizations, health and screening recommendations and include recommended topics for discussion with a health care provider.

