

HealthAdvocateSM

Chronic Care Support

Improvements to your health begin with a single step.

Turn to us! Keeping on top of a chronic condition can be a challenge, especially if you don't know where to start. The Health Advocate Chronic Care Support program, provided by your employer or plan sponsor at no cost to you, gives you access to a Registered Nurse Coach who will help you take the steps needed to manage your condition and improve your overall health.



Your Nurse Coach will personally help you with your chronic condition.

- Manage your symptoms
- Avoid serious complications
- Know your treatment plan
- Control your condition
- Improve your overall health



855.424.6400

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members



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Answers to your questions

Q. What conditions can I get help with?

- Asthma
- Depression
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Congestive Heart Failure (CHF)
- Hypertension
- Coronary Artery Disease (CAD)
- Metabolic Syndrome/
High Cholesterol

Q. How do I start working with my Nurse Coach?

Simply call Health Advocate. You will be assigned a Nurse Coach, who will ask you about your condition, health history and any concerns you may have. Together, you will develop a plan and discuss the strategy through regularly scheduled phone sessions.

Q. I always forget when I need to get my tests, can you help?

Yes, you will receive regular reminders about important tests, screenings, and check-ups to help you stay on track.

Q. Will my personal health information be kept confidential?

Yes. Our Chronic Care Support team fully complies with the privacy rules outlined in the Health Insurance Portability and Accountability Act (HIPAA).

Q. Who is eligible to use the program?

You, your spouse and dependents age 18 and older covered under your health plan.



Enroll today!
Just Call! 855.424.6400