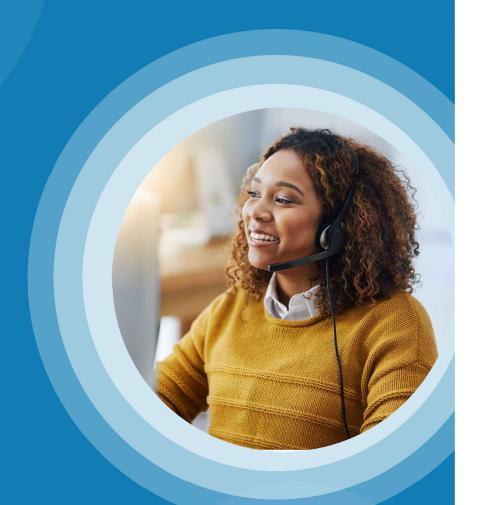
# Managing a chronic medical condition alone isn't easy.

#### Turn to us!

Keeping on top of a chronic medical condition can be a challenge, especially if you don't know where to start. With Health Advocate's Chronic Care Support Program, you have confidential access to regular phone sessions with a Nurse Coach for help better managing your condition and improving your health and quality of life.



### Your Nurse Coach will help you:

- Keep on track with your treatment plan and develop questions to ask your doctor
- Improve lifestyle habits like eating healthier and exercising more
- Recognize when your symptoms may be getting out of control so you can avoid serious complications
  And much more!

## Chronic Care Support Program: FAQs

#### Q. What conditions can I get help with?

- Asthma
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes

- Heart Disease
- Heart Failure
- Hypertension
- Metabolic Syndrome

Answers to your questions!



#### 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.



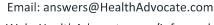
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