



PROGRAM NAME

Today is a good day to begin a healthy lifestyle!

The **Fund Name** is pleased to bring you the **Program Name** that focuses on health & wellness education. This program is offered to eligible members and their spouses. The **Program Name** is completely voluntary, confidential and is provided at no cost to you!



Program Administered by:



888.123.4567

<https://programname.hmchealthworksco.com>

Fund Name



INCENTIVE

PROGRAM NAME

STEP 1:

HEALTH MANAGEMENT & WELL-BEING PROGRAM

The Health Management & Well-Being portion of the program offers you and your spouse an interactive educational program, designed to assist and guide participants with a desire to develop healthy lifestyle choices. You and your certified Health Coach will work together - online or via telephone - to achieve realistic collaborative goals. The skills that you will learn by participating in this program can improve your overall health - for life. You can select from any of the following Wellness modules:

- Weight Management
- Physical Activity & Exercise
- Healthy Eating Guidance
- Stress Management
- Smoking Cessation
- Heart Disease Prevention
- Diabetes Prevention

STEP 2:

CHRONIC CARE MANAGEMENT PROGRAM

The Chronic Care Management portion of the program is available to you and/or your spouse, who may have one or more of the chronic conditions listed below:

- Asthma
- Diabetes
- Back Pain
- Hyperlipidemia (High Cholesterol)
- Hypertension (High Blood Pressure)
- Chronic Obstructive Pulmonary Disease (COPD)

If you and/or your spouse are identified with a condition listed above, you will be contacted by a HMC Nurse Health Advocate to discuss an overview of services and information specific to your condition. HMC will also help you find ways to enhance your health through treatment compliance, medication management and other services and benefits that are available.

ENROLL TODAY!

888.123.4567 • <https://programname.hmchealthworksco.com>