
GET BACK IN TOUCH WITH THE **BEST OF YOU**

Living with a chronic health condition can feel like being closed off from the world. Open your mind to better times.

UMR offers expert resources and one-on-one support to help those with chronic conditions gain control of their health. It starts with being open to moving in a positive direction and working to make small, but important, changes to your daily routine.

The program is open to medical plan members with one or more of the following conditions:

- Asthma
- Heart failure
- Diabetes
- Heart disease
- Hypertension
- Chronic obstructive pulmonary disease (COPD)
- Depression

Your participation is voluntary, but highly encouraged, and all resources are available at no cost to you.

BENEFITS OF BETTER HEALTH

When you are able to manage your symptoms, you can:

- Feel better and do more
- Reduce or eliminate the need for medications
- Lower your long-term health risks
- Avoid flare-ups that lead to ER visits
- Cut your out-of-pocket costs



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A UnitedHealthcare Company



PERSONAL HEALTH COACHING

Individuals with one or more of the managed conditions may be contacted and invited to participate in a series of one-on-one calls with a health coach. UMR's coaches are registered nurses who can motivate and guide you in taking actions to control your physical symptoms and improve your mental and emotional health.

This includes following your doctor's advice and addressing any unhealthy habits that might be holding you back. After completing your coaching sessions, you may receive periodic phone calls and informational materials to help you "stick with" your new healthier habits.

GET STARTED!

You can sign up to work with a health coach in two easy ways:

- 1 Visit us online at **umr.com** and click **Login/Register** to enter your username and password, or select **Register** to sign up for online services. Then, go to the Health center and select "Get a health coach" from the "I need to" menu.
- 2 Call us toll-free at **866-575-2540**



Looking for help?

You can email us by logging in to **umr.com** and selecting **Contact us** from the top of the page. Go to the **Email us** section and choose **Coaching Program – Disease Management** from the dropdown menu. Then, tell us how we can reach you and the reason for your email, and one of our specialists will contact you within two business days.

You can also call us at **866-575-2540**.

