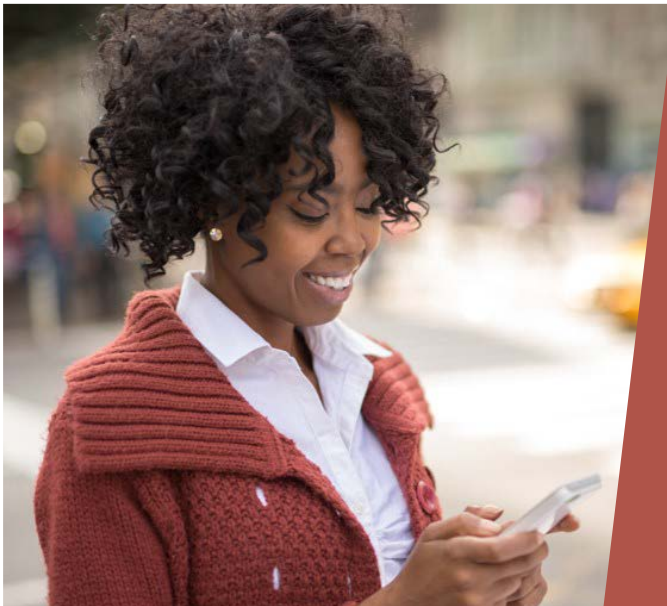


Group Health Cooperative of Eau Claire is excited to announce a new partnership with Valera Health, a smartphone application that helps you stay in touch with your case management team at Group Health Cooperative. Using the app, you will be able to chat with your case manager/care coordinator. They will be able to send you information about your health and care, reminders for appointments and goals, and short questionnaires to track your wellbeing.



How can Valera help me?

Your case manager/care coordinator will use Valera to check in with you and provide you with the support you need. You will be able to reach out to your Group Health Cooperative team when you need assistance, and will have access to the information and resources you need to stay on track with your health.

How do I get Valera?

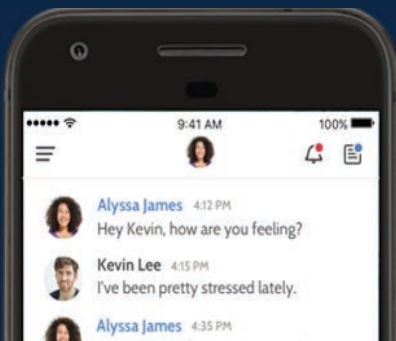
Valera is free to Group Health Cooperative members. Please call us at **715-852-5799** to sign up for the program.

Valera is easy to use. Once you've downloaded the app, you can start chatting with your case manager/care coordinator immediately. Through the app, you will receive short questionnaires to track your health, educational materials to support your needs, and reminders related to your care.

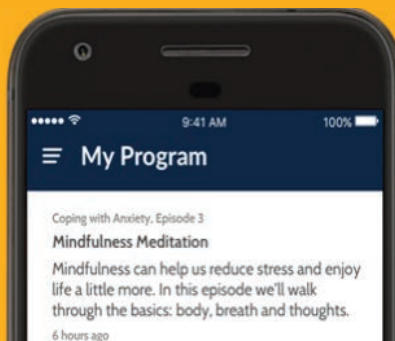
We keep your information safe. We value your privacy! Everything you share through the app is 100% HIPAA-compliant, secure, and can only be accessed by your team at Group Health Cooperative.



Connect with your care team.



Learn new skills & discover content hand-picked for you.



See what's ahead on your path to wellness.

