

## **ONLINE HEALTH RISK ASSESSMENT**

As a member of the Cooperative, you have access to our health risk assessment (HRA) from the comfort of your home computer. The HRA will calculate your health age, identify your health risks and provide personalized ways for you to make healthier life choices.

## **COACHES' CORNER: A HEALTH & WELLNESS CONVERSATION**

Our blog is an interactive online resource that offers information about current health and wellness topics. Readers can post comments and email health and wellness-related questions to the Cooperative's Health Promotion Coaches.

## **HEALTHIER AT HOME SELF-CARE GUIDE**

New members receive the Healthier at Home Self-Care Guide. This guide will help you treat common problems at home, show you how to build a more effective relationship with your doctor and provide information on ways to stay healthy.

## **MY RX MANAGER**

If you have prescription drug benefits through the Cooperative, My Rx Manager organizes your prescription and pharmacy information in one convenient place. Here you can access your medication history, drug information, copayment amounts and pharmacy locations. You can even find out how much money you could save by switching to generics!

## **JOURNEY DISCOUNT PROGRAM**

Journey gives members access to valuable discounts on health and wellness products and services right in their own backyard. All members have to do is show their ID card to receive discounts on exercise equipment, health clubs, wellness products, self-improvement, family savings and more!

## **TELADOC - TALK TO A DOCTOR ANYTIME**

Through the convenience of phone or video consult, Teladoc allows you to discuss your medical concerns with a doctor and, if necessary, receive a prescription from the comfort of your home. It is cost-effective and convenient. If you are considering an ER or urgent care visit for a non-emergency issue, Teladoc is a great alternative. Teladoc doctors can treat and prescribe for many medical conditions including: cold & flu symptoms, bronchitis, skin problems, allergies, sinus problems and more!



# Personal Health Promotion Support

## FIRSTCARE NURSELINE

With the FirstCare Nurseline, Group Health Cooperative members can talk with a registered nurse over the telephone 24 hours a day, 7 days a week. You can receive guidance on the best course of action for your specific health concerns.

## ONE-ON-ONE HEALTH PROMOTION COACHING

Members of the Cooperative have the opportunity to work with a Health Promotion Coach at no cost to them. A one-on-one Health Promotion Coaching program includes building individualized health goals and a plan to achieve them. Participants are guaranteed at least eight sessions up to 30 minutes in length each. The participant has the choice to complete appointments in-person or over the phone.

To learn more about the one-on-one Health Promotion Coaching program, call us at (715) 552-4300 or (888) 203-7770 and speak to someone from our Health Promotion team.

## HEALTH MANAGEMENT PROGRAM

Getting the health care you need can be complicated and confusing. Group Health Cooperative's Health Management team is here to assist you in getting the right care at the right place at the right time. Our on-staff Health Management Nurses can work with you to:

- Maintain good health by providing information on healthy lifestyles and proven preventive services
- Review requests for authorization of services submitted by your provider
- Work with you to prevent or manage conditions that could threaten your health
- Manage multiple health conditions safely at home and avoid the need for many hospital stays
- Get the best value from health care services when you need them

## ADVANCED CARE MANAGEMENT

Our Advanced Care Management services are designed to help individuals who are at risk for or have been diagnosed with a chronic condition, including:

- Asthma
- Depression
- Hypertension
- Diabetes Mellitus
- Cancer
- Coronary Artery Disease

If you or one of your dependents is affected by one of these conditions, our Advanced Care Management system will help to ensure that you get the care you need from preventive screenings to necessary prescriptions.