

CareHere!

**FREE Health Coaching
NOW Available on Saturdays.**



COACHING

AT NO COST TO YOU!

Lose Weight • Manage Stress • Explore Exercising
Quit Tobacco • Improve Sleep • Maximize Your Health

✓ *Certified* ✓ *Knowledgeable* ✓ *Non-judgmental* ✓ *Supportive*

You're busy! So, we've added Saturday Health Coaching appointments!
Schedule time with your CareHere Health Coach
at [CareHere.com](https://www.CareHere.com) or call **877.423.1330**.



GET TO KNOW

CAREHERE CONNECT 2.0

CareHere Connect 2.0 is designed to jump-start you towards better health. You will learn more about your condition or area of interest as you read, watch a video and take a short quiz. Your next step is telephone appointment with a CareHere Certified Health Coach who will help you set goals. Setting goals leads to successful behavior change that can last a lifetime!

Work with your CareHere Healthcare Provider to choose the Plan of Care that will help you meet your needs.

- **Asthma Management** provides information about asthma symptoms, triggers and management options.
- **Beginner's Exercise** reviews the basic types of physical activity, the benefits of regular physical activity and recommendations for starting an exercise program. *You must have exercise clearance from your provider to start this Plan of Care.
- **Cholesterol Management** examines the risks of elevated cholesterol, as well as practical lifestyle modifications you can do to improve this condition.
- **Diabetes Management** offers a basic overview of diabetes and the different management techniques and lifestyle choices you can make to manage your diabetes.
- **Healthy Body / Healthy Mind** is the best choice for you if you don't have any risk factors and want to stay healthy.
- **Healthy Eating** discusses the components of a healthy eating plan, including information about the Healthy Plate Method and how making small changes over time leads to big results.
- **Hypertension Management** provides information about the risks associated with high blood pressure and lifestyle modifications that can improve your condition.
- **Medication Therapy Management** helps you understand why your medications are important. This Plan of Care will teach you how to create routines that help you remember to take your medications.
- **Pre-Diabetes Management** offers you information about lifestyle changes that are proven to reduce your risk of developing type 2 diabetes.
- **Stress Management** helps you identify your stressors and develop coping skills to manage stressful situations.
- **Tobacco Cessation** reviews the risks of tobacco use and outlines the basics of quitting or reducing tobacco use.
- **Weight Management** empowers you to hop off the diet rollercoaster by providing real-life, practical strategies for making small changes that lead to lasting results.