

# Health and Wellness

For Members

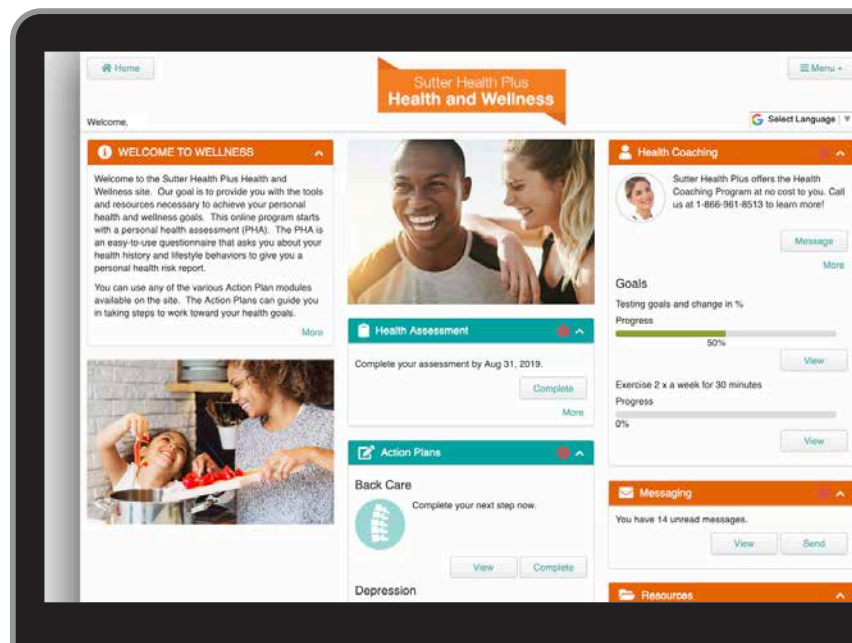
As a Sutter Health Plus member, you have access to a variety of programs designed to help you maintain a healthy lifestyle.



## Health and Wellness Site

Sutter Health Plus offers a Health and Wellness site with tools and resources to help each member achieve their personal health and wellness goals. Start the online program with a personal health assessment (PHA). The PHA is an interactive tool that analyzes health information provided by the member. This includes health history, lifestyle behaviors and biometric test results, such as blood pressure and cholesterol levels. Each member that completes the assessment receives a personalized health risk report and suggestions on how to improve overall health. Members can use various custom tailored Action Plan Modules to help reach their goals.

Members navigate through the member portal at: [shplus.org/memberportal](http://shplus.org/memberportal).





### Health Coaching Program

You have access to the Health Coaching Program to help with healthy weight, tobacco cessation and stress management—all at no additional out-of-pocket cost. This program combines personal life coaching with accountability as a way of engaging you in effectively managing your health condition or achieving wellness goals. You will work one-on-one with a coach to uncover barriers to self-management, link behavior to personal values, and set goals to make healthier lifestyle choices.

Participation is easy. Coaching appointments are by telephone and the first call lasts no more than 20 minutes. You and your coach decide how to work together to address needs, concerns and preferences.



### Sutter Health Integrated Care Management Program

Sutter Health Plus offers you access to the Sutter Health Integrated Care Management Program (ICM) at no additional out-of-pocket cost if you would benefit from disease management. Disease management, led by specialized care managers, such as specially-trained nurses and certified health coaches, offers diabetes and heart failure programs and can address other chronic conditions as well. You can enroll or your doctor can refer you into one of the programs. ICM also identifies members who have these health conditions and provides the appropriate outreach. Once enrolled in the program, we will work with you and your provider to improve your health.



### Online Health and Wellness Resources

The Sutter Health Plus website offers health and wellness resources, including access to live and recorded webinars, tip sheets, health maintenance guidelines, *Partnering for Your Best Health*, and more.