

Resources for Sutter Health Plus Members

Sutter Health Plus Health and Wellness



Health Coaching Program for healthy weight, tobacco cessation and stress management



Integrated Care Management for heart failure and diabetes



Health and Wellness site including a personal health assessment and 12 action plan modules



24/7 Nurse Advice Line for medical questions or concerns to help members determine the right level of care



Wellness Page for health and wellness tip sheets, health maintenance guidelines, and live and recorded webinars

Learn more at sutterhealthplus.org/wellness

Health Coaching Program

**One-on-one telephonic
personal health coaching for:**



Healthy weight



Stress management



Tobacco cessation



Members have access to Sanvello—an app that offers on-demand help for stress, anxiety and depression—anytime, anywhere. Completely confidential, the Sanvello app is available at no extra cost as part of the behavioral health care benefits through USBHPC, a subsidiary of Optum.



Integrated Care Management



- Provides services to members with these chronic conditions:
 - Diabetes
 - Heart failure
- Includes education, healthy lifestyle coaching, self-monitoring support, and more
- Supports collaboration between members and their health care teams

Health and Wellness Site

Personal health assessment

- English and Spanish

12 action plan modules

- Healthy Eating, Stress Management, Heart Disease Prevention and more

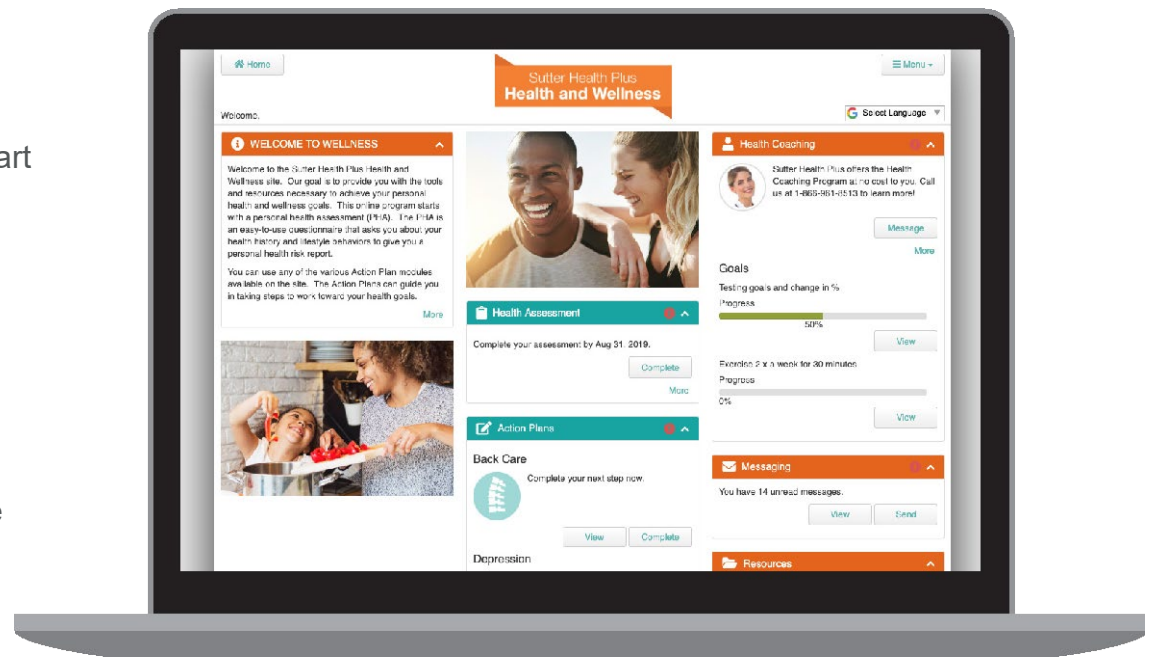
Health Library

- Learning Centers, a Video Library and a Symptom Checker

Health Decision Tools

- Designed to guide members through key health decisions, combining medical information with personal values to make health decisions

Accessed through the Member Portal at shplus.org/memberportal



Nurse Advice Line



24/7 telephone access to registered nurses for medical questions or concerns

- Helps determine the right level of care for a member's health needs
- Provides home care tips for minor injuries and illnesses

Health and Wellness Page



Access the Health and Wellness Site

Our Health and Wellness site is designed with your physical and mental health in mind. The site provides health-related tools and resources, including a personal health assessment and 12 Action Plan modules to help you achieve your personal health and wellness goals.

The site also offers access to a Health Library featuring Learning Centers, a Video Library, a Symptom Checker, and more.

[SIGN IN TO YOUR MEMBER PORTAL](#)

Wellness Resources

Live Webinars

Register for online health education webinars, or watch previously recorded classes featuring Sutter Health experts.

[VIEW WEBINARS](#)

Integrated Care Management Program

You have access to the Integrated Care Management Program for disease management.

[LEARN MORE](#)

Health Maintenance Guidelines

Learn about the latest immunizations, health and screening recommendations at every stage of your life.

[VIEW GUIDELINES \(PDF\)](#)