



Presbyterian Healthy Solutions Program

It's a great time to commit to better health!

Healthy Solutions is a coaching service for Presbyterian members who have chronic health conditions. The program can help you improve your health. Presbyterian offers this service at no extra cost to you.

What can health coaching do for you?

Health coaching can help you learn how to take control of your health. If you want to feel better and live healthier, we're here to help you!

You and your health coach will talk about:

- How you can make small changes that lead to healthier habits
- What might be keeping you from living a healthier lifestyle
- What healthy choices have worked well for you in the past
- How to work with your healthcare provider to meet your health needs and goals

Healthy Solutions coaches work with you by phone and/or video visit.

- We will encourage you to improve your health
- We can set up coaching times that work with your busy schedule

For which of these areas would you like coaching?

- Asthma
- Coronary artery disease
- Diabetes
- High blood pressure (hypertension)

Let's get started!

Please contact Presbyterian Healthy Solutions:

Phone: 1-800-841-9705
(leave a message)

Email: healthysolutions@phs.org

With a Healthy Solutions coach as your guide, you can learn how to make healthier choices every day.

 **PRESBYTERIAN**
www.phs.org



Presbyterian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłłi'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, kojji' hódíłłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

Such services are funded in part with the State of New Mexico.

Presbyterian Senior Care (HMO/HMO-POS) and MediCare PPO are Medicare Advantage plans with a Medicare contract. Enrollment in Senior Care (HMO/HMO-POS) and Presbyterian MediCare PPO depends on contract renewal.

Presbyterian Dual Plus is an HMO Special Needs Plan (SNP) with a Medicare contract and a contract with the State of New Mexico Human Services Department Medicaid program. Enrollment in Presbyterian Dual Plus (HMO SNP) depends on contract renewal.