



## Free Health Resources for You!

**You have a wide range of confidential health resources with one number to call: 1-888-440-7342**

- **Nurse Coaching by Telephone for Chronic Health Conditions**—If you have a long-term health condition, you can work one-on-one with a registered nurse who can help you take control of your health and avoid future complications. See the back of this flyer for a list of the conditions that are included in the Informed Care Management program.
- **A Safety Net**—ActiveHealth uses its technology to help you and your family get safe, high-quality healthcare. It may make suggestions to you and your doctor about possible care options like a medication or test that could help you.
- **Utilization Management/Case Management**—A Case Management nurse can make things easier for you if you are hospitalized for a serious condition or have complicated healthcare needs.
- **Nurse Coaching by Telephone If You Have Pregnancy Complications\***—If you have pregnancy complications or are at risk of complications, you can work one-on-one with a nurse over the phone throughout your pregnancy.



### ActiveHealth May Contact You

ActiveHealth Management is a company that helps people across the country reach their health goals. Its programs are secure and confidential, in full compliance with federal and state law. You may get a call or letter from ActiveHealth to help you get started. Be sure to take the call or follow the instructions in the letter.

\*CHIP members are not eligible for this program.

Your personally identifiable information is maintained in confidence and in accordance with Federal guidelines, including HIPAA. Furthermore, there is no cost to you for using our services.



**If you have any of these conditions, you can work one-on-one with an Informed Care Management nurse over the phone.**

**Heart and Blood Vessel Conditions**

Heart attack and angina  
Heart failure  
High blood pressure  
High cholesterol

**\*Diabetes**

**Lung Conditions**

\*Asthma  
COPD

**Bone and Joint Conditions**

Chronic back pain

**Additional resources:**

**PEIA Face to Face Diabetes Program**

To apply, call 1-888-440-7342.

**PEIA Weight Management Program**

To apply, call 1-888-440-7342.

**Dr. Dean Ornish Program for Reversing Heart Disease**

For enrollment information, call 1-800-879-2217.

**Tobacco Cessation Services**

Call your physician for a consultation and, if appropriate, a prescription.

**PEIA Pathways Program**

For more information on Worksite Wellness Services visit [www.peiopathways.com](http://www.peiopathways.com).

**PEIA Renal Care Management Program**

For further information, contact PEIA's renal nurse at 1-888-440-7342.

\*Covered under the CHIP program.

**Depression is covered if it is associated with any of the conditions listed above.**

WVA2009.05.15