



Condition Support to help you live well

If you have an ongoing health issue, our Condition Support Program is here for you.

About the program

When you live with a health issue, it helps to have resources and support to make changes. This program lets you talk with a nurse or dietitian for health and wellness coaching.

Here's what you can expect:

- Learn what you can do to care for your health and what helps you succeed.
- Get help setting simple, useful health goals—and staying on track.
- Receive tips about medicine, health, food, and exercise.
- Find new ways to handle life's ups and downs.

Participation details

- There's no cost to join.
- Joining is your choice, and you can stop at any time.
- We invite members based on health plan records.
- Anything you share with us is kept private.

Health coaching to support your success

To help you reach your goals, you can work with a health coach.

Your coach will be a PacificSource nurse or dietitian (or both), based on your needs. We ask you to commit to working with your coach for three months.

Continued >

Email

[YourSupport@
PacificSource.com](mailto:YourSupport@PacificSource.com)

Phone

888-987-5805

TTY: 711

We accept all relay calls.

PacSrc.co/Support





If you take part in coaching, your coach will:

- Help you set goals
- Teach you about treatments and caring for yourself
- Help you see your strengths and what keeps you going
- Help you set simple steps to work on each week

Coaching sessions happen by phone at a time that works for you.

To get the most from coaching:

- Pick a time when you can focus on your health.
- Stay involved in the call and avoid distractions.
- Enjoy the time. How often do you get to talk about your own health goals? Use this time to focus on yourself.

If you work with a coach, we'll let your doctor know. We also suggest you share what you learn with your doctor.



Learn more

To learn more or schedule your first call, contact us at YourSupport@PacificSource.com or call 888-987-5805, TTY: 711. We accept all relay calls.

The Condition Support Program is a team effort between you, your doctor, and your PacificSource coach.

Our hours: Monday – Friday, 8:00 a.m. to 5:00 p.m.