



Condition Support to help you **live well**

If you've been diagnosed with a chronic condition, our Condition Support program gives you information and support to take charge of your health.

About the program

When you're living with a chronic condition, it helps to have reliable resources and support to make lifestyle changes. We're here for you. This program lets you talk with a registered nurse or registered dietitian on a regular, ongoing basis for health and wellness coaching.

Here's what you can expect throughout the program:

- You'll learn what you can do to take care of your health and discover what makes you successful.
- We'll guide you in setting health goals that are clear and meaningful to you—and help you stay on track with those goals.
- You'll receive information about medication, health, nutrition, and fitness.
- You'll discover new ways to overcome challenges life throws your way.

Participation details

- Available to members of PacificSource and PacificSource Medicare.
- There's no cost to you to participate.
- Your participation is voluntary, and you may opt out at any time.
- We identify and invite members based on claims information.
- The health information you share with us is strictly confidential.

Health coaching to support your success

To help you reach your wellness goals, you have the option to work with a health coach.

Your health coach will be a PacificSource registered nurse or registered dietitian—or possibly both, depending on your individual needs. We ask that you commit to working with your health coach for three months.

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Email

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

Phone

888-987-5805

TTY: 711

We accept all relay calls.

PacSrc.co/Support





If you choose to participate in health coaching, your coach will:

- Help you identify your goals and priorities
- Increase your knowledge about treatments and self-care for your condition
- Help you discover your strengths and what drives you
- Work with you to set weekly action items

Health coaching sessions are done by phone at a time that works for you.

To get the most from coaching:

- Schedule your call when you can comfortably talk about your health and wellness.
- Stay engaged in the conversation and avoid distractions.
- Enjoy the time. How often do you get to talk with someone about your personal health goals? Take this time for you, to focus on your self-care.

If you choose to work with a health coach, we'll let your doctor know. We encourage you to share any of the information from this program and your health goals with your doctor.



Learn more

If you want to learn more about our Condition Support program or health coaching, or schedule your first consultation, please contact us at YourSupport@PacificSource.com or **888-987-5805**, TTY: 711.

The Condition Support program is meant to be a cooperative effort between you, your healthcare provider, and your PacificSource health coach.