

HEALTH AND WELLNESS

For Members



As a Sutter Health Plus member, you have access to a variety of programs designed to help you maintain a healthy lifestyle.



Health Coaching Program

You have access to the Health Coaching Program to help with healthy weight, tobacco cessation and stress management—all at no additional out-of-pocket cost. This program combines personal life coaching with accountability as a way of engaging you in effectively managing your health condition or achieving wellness goals. You will work one-on-one with a coach to uncover barriers to self-management, link behavior to personal values, and set goals to make healthier lifestyle choices.

Participation is easy. Coaching appointments are by telephone and the first call lasts no more than 20 minutes. You and your coach decide how to work together to address needs, concerns and preferences.



Disease Management Program

Sutter Health Plus offers you access to the Sutter Health Telephonic Disease Management Program at no additional out-of-pocket cost for asthma, heart failure, diabetes, high blood pressure, or high cholesterol. You can enroll or your doctor can refer you into one or more of the programs. We also identify members who have these health conditions and provide the appropriate outreach. Once enrolled in the program, we will work with you and your provider to improve your health.



Health and Wellness Site

Our Health and Wellness site is designed with your physical and mental health in mind. Available through the Sutter Health Plus Member Portal, the site provides health-related tools and resources to help you achieve your personal health and wellness goals. The site offers a personal health assessment, Action Plan modules and access to our Health Coaching Program. Members can connect with their personal health coach through secure messaging and manage coaching appointments.



Health Maintenance Guidelines

The *Partnering for Your Best Health* brochure is available to help you and your family stay healthy during all stages of life. The annual guidelines help you understand the latest immunizations, health and screening recommendations and include recommended topics for discussion with a health care provider.