

# MyHealth Coach

## Helping your employees along their way to wellness

Everyone can use a little help reaching their health goals. Our MyHealth Coach program can give your employees the support they need to succeed.

### Who we are and what we do

MyHealth Coach gives one-on-one support to help employees reach their health goals. Through the program, employees and their covered family members will be assigned a health coach to help them with their health care questions and needs, such as:

- ◇ Dealing with a health problem and explaining choices for care.
- ◇ Controlling weight and eating better.
- ◇ Getting more exercise.
- ◇ Quitting smoking.
- ◇ Managing stress levels.

By giving your employees and their families access to coaching support, you can help empower them to take better care of their health and improve overall well-being.

### Reaching out to employees

MyHealth Coach reaches out to employees who are at risk for serious health issues or have medical needs. We work with members to help them:

- ◇ Take care of themselves and support their doctor's plan of care.
- ◇ Prepare for going to the hospital and recovering.
- ◇ Coordinate access to care management programs they have through their benefits.

### Helping your employees and their families to succeed

Knowing our health coaches can help your employee's entire family can make a big difference. By taking care of important health concerns and following a personal plan to make lifestyle changes, they can improve their quality of life and lower health care costs.



### How does MyHealth Coach identify members? We use these sources:

- ◇ Utilization management reports
- ◇ Health risk assessments
- ◇ Predictive modeling reports and analysis
- ◇ Referrals by doctors and other health care professionals
- ◇ Self-referrals by members



### Getting Started

To take advantage of MyHealth Coach benefits, each member must complete a Health Risk Assessment. Log in to [www.anthem.com/ca](http://www.anthem.com/ca), click on the health and wellness tab and start your health assessment today!