

WELLNESS PROGRAMS AND RESOURCES

For Members



Sutter Health Plus offers a variety of programs and resources to help members maintain a healthy lifestyle and improve health conditions.

Wellness Coaching Program

Sutter Health Plus offers a Wellness Coaching Program at no additional out-of-pocket cost to members. This telephone-based program combines personal life coaching with personal accountability as a way of engaging our members and achieving wellness goals.

The program currently offers help with healthy weight, tobacco cessation and stress management. Members and coaches work together to address needs, concerns and preferences. Members can call **1-866-961-8513** for more information.

Disease Management Program

Sutter Health Plus offers its members access to Sutter Health's telephone-based Disease Management Program if they have asthma, heart failure, diabetes, high blood pressure, or high cholesterol. Members can be referred by their doctor or enroll themselves in one or more of these programs, which are available at no additional out-of-pocket costs. Once enrolled in the program, Sutter Health works with the member's provider to improve health in these areas. Members can call **1-855-421-6831** to enroll in the Sutter Health Disease Management Program.

Personal Health Assessment

The Personal Health Assessment is an interactive tool that analyzes health information provided by the member. This includes health history, lifestyle behaviors and biometric test results, such as blood pressure and cholesterol levels. Each member that completes the assessment receives a personalized health risk report and suggestions on how to improve overall health. The assessment may be found on the member portal at shplus.org/memberportal.

Health Maintenance Guidelines

The health maintenance guidelines brochure, "Partnering for Your Best Health - Checks Ups, Screenings, Immunizations," helps members understand the recommendations for all stages of life to keep them healthy. The guidelines include recommended topics for member discussion with a health care provider such as tobacco use, alcohol misuse and prevention of sexually transmitted infections. The guidelines are available at sutterhealthplus.org/wellness.

