



Get back on track!

MyNurse Coach

Did you know? You have access to the MyNurse Coach program offered through Crescent Health Solutions as a benefit from your employer at no cost to you. The MyNurse Coach program can help you understand your health risk factors and both identify and realize lifestyle considerations to reduce health risks and make change a priority. Every interaction you have with MyNurse Coach is an opportunity to learn more about your health, how to avoid triggers and reduce or eliminate risk factors.

Who is eligible? Anyone managing a chronic health condition including diabetes, pre-diabetes, high cholesterol and high blood pressure. You can also join to help manage depression, manage weight and to learn more about overall wellness.

What should you expect? An initial meeting with your Nurse Coach to identify risk factors and gather baseline health information. Then you will meet with your Nurse Coach every 3 months virtually or by phone to check in on progress and address and questions or concerns.

OUR SERVICES

- ✓ Identify risks
- ✓ Educate on risks
- ✓ Plan to avoid risks
- ✓ Manage chronic illnesses
- ✓ Regular check-ins
- ✓ Support you!



Contact Us
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