

# Wellness & Disease Management

Live Better - Small changes make a big difference.



## Welcome to HealthComp!

We are very pleased to announce our partnership with your employer to provide you with an excellent **Wellness and Disease Management** program, covered through your health Plan.

**HealthComp's** motto is *"Live better - Small changes make a big difference."* Our mission is to promote good health and wellness.

We do this by providing you with a good understanding of your health and health risks; and then assess whether a small change could improve your health.

As a member of **HealthComp's Wellness and Disease Management program**, you will have access to your own personal Nurse who can assist you with the following:

- Motivational coaching
- Wellness Newsletter
- Medication review
- Prevention reminders
- Evidence based recommendations
- Chronic conditions management (i.e., diabetes, asthma and cardiac conditions)
- Locate a provider
- Act as a patient advocate for you with your physician
- Provide community resources or support group information

*Chronic conditions - such as heart disease, cancer, and diabetes are the leading causes of disability and death in the United States.*

Take the first step towards improving your health today. Have each eligible adult in your home complete the enclosed HRA (Health Risk Assessment) and return it to HealthComp.

A **Wellness** nurse will follow up with you if you:

- Have a chronic condition
- Could be at risk for developing a chronic condition

If you do not have a chronic condition or you did not receive a follow up call and you have questions regarding a medication, medical procedure, or how to manage your health, please contact us using the information provided below.

We encourage you to take advantage of these services and participate when you hear from your **Wellness** nurse – or call and meet her today!

We thank you for your participation and look forward to assisting you on your journey to a healthy lifestyle!!

Sincerely,

**HealthComp**

Your Partner in Wellness and Disease Management

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