

## Let HealthMedia<sup>®</sup> Care<sup>™</sup> for Your Health help you become an "expert" at managing long-term health issues.

Care for Your Health is designed to help you live well with long-term health issues. Conditions such as asthma, diabetes, hypertension and other forms of heart disease, as well as arthritis, osteoporosis and other chronic conditions, can greatly impact your daily life.

Care for your Health can offer support to help individuals feel less overwhelmed when it comes to managing chronic conditions. Participants will feel motivated and confident, instead of feeling stressed, frustrated, and worried. Having the right information about your chronic condition can ease your stress level and empower you to take the best possible care of yourself. Tools to help you stick with your treatment plan are offered, as well as tips on how to communicate effectively with your doctors and pharmacists by asking the right questions and expressing your concerns. Care for your Health can arm you with information to assist with managing your condition with informed confidence.

### Care for Your Health will create a personal plan to help you with important, but often overlooked, issues like:

- How to manage common symptoms
- Establishing a routine for better medication management
- Dealing effectively with medication side effects
- Sticking with your treatment plan
- Coping with daily challenges and disruptions
- Strategies for helping you deal with stress and worry
- Practical tips for getting a good night's sleep
- Getting the support you need from family and friends
- Learning how to talk with your doctor to get the answers you need
- Understanding how your pharmacist can become a key part of your treatment team



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HealthMedia<sup>®</sup>  
care<sup>™</sup>  
For Your Health

You'll start with a confidential online questionnaire to assess your goals and challenges. Then HealthMedia will create a personal plan just for you to help you live well. Even if you have a very common condition, getting a personalized plan written just for you is a unique opportunity to have a better quality of life by managing your condition, with your lifestyle and needs in mind. Get started today!

**About HealthMedia's Healthy Lifestyle Programs:** In addition to the Care for Your Health program, HealthMedia offers programs for nutrition, weight management, smoking cessation, stress management, and back pain prevention and care. These programs start by learning about you, and create a personalized plan for you that is as unique as your fingerprint. When you decide to take control of your health, HealthMedia's programs can give you the tools you need to achieve your goals.

## GET STARTED ON THE PATH TO SUCCESS.

- Go to [www.highmarkbcbs.com](http://www.highmarkbcbs.com).
- Complete the login process, entering your user name and password.
- If you do not have a user name and password, create one as instructed.
- Click "Your Health."
- Click "Improve Your Health."
- Choose HealthMedia Care for Your Health.

