



Health and wellness or prevention information

## Presbyterian Healthy Solutions Program

**It's a great time to commit to better health!**

**Healthy Solutions** is a coaching service for Presbyterian members who have chronic health conditions. The program can help you improve your health. Presbyterian offers this service at no extra cost to you.

### What can health coaching do for you?

Health coaching can help you learn how to take control of your health. If you want to feel better and live healthier, we're here to help you!

You and your health coach will talk about:

- How you can make small changes that lead to healthier habits
- What might be keeping you from living a healthier lifestyle
- What healthy choices have worked well for you in the past
- How to work with your healthcare provider to meet your health needs and goals

**Healthy Solutions coaches work with you by phone and/or video visit.**

- We will encourage you to improve your health
- We can set up coaching times that work with your busy schedule

**With a Healthy Solutions coach as your guide, you can learn how to make healthier choices every day.**

**For which of these areas would you like coaching?**

- Asthma
- Coronary artery disease
- Diabetes
- High blood pressure (hypertension)

**Let's get started!**

**Please contact Presbyterian Healthy Solutions:**

**Phone: 1-800-841-9705  
(leave a message)**

**Email: [healthysolutions@phs.org](mailto:healthysolutions@phs.org)**

 **PRESBYTERIAN**

Presbyterian Health Plan, Inc.  
Presbyterian Insurance Company, Inc.

**[www.phs.org](http://www.phs.org)**



Such services are funded in part with the State of New Mexico.

Based on a Model of Care review, Presbyterian Dual Plus (HMO D-SNP) has been approved by the National Committee for Quality Assurance (NCQA) to operate a Special Needs Plan (SNP) through 2025.

Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. Free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-855-592-7737 (TTY: 711) or speak to your provider.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-855-592-7737 (TTY: 711) o hable con su proveedor.

SHOOH: Diné bee yániłti'gogo, saad bee aná'awo' bee áka'anída'awo'ít'áá jjik'eh ná hóló. Bee ahıł hane'go bee nida'anishí t'áá ákodaat'éhígíí dóo bee áka'anída'wo'í áko bee baa hane'í bee hadadilyaa bich'j' ahoot'i'ígíí éí t'áá jjik'eh hóló. Kohjı' 1-855-592-7737 (TTY: 711) hodíłnih doodago nika'análwo'í bich'j' hanidziih.

For more information, visit <https://www.phs.org/nondiscrimination>.



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