

PERSONAL

CARE MANAGEMENT

Become a healthier you

Getting and staying healthy isn't easy. The Personal Care Management program can help you prevent serious health conditions and live the healthiest lifestyle possible. If you hear from a MedCost nurse health coach, answer the call to participate and become a healthier you.

A winning strategy to improve your health

If you are asked to join the Personal Care Management (PCM) program, it's because you may show early signs of or be at risk for developing a serious health condition. With the support and guidance of a MedCost Benefit Services nurse health coach, you can tackle any challenge. Your nurse health coach will work with you through regularly scheduled contact via phone calls, e-coaching and portal access to develop an action plan that is just right for you, based on where you are right now.*

A coach in your corner

Improving your wellness is do-able, and communicating with your MedCost nurse health coach regularly can help you get and stay on track. You've spent a lifetime developing your present health habits, and your nurse coach understands that those habits won't change

Taking the assessment is easy:

1. Log in to the secure Member portal on www.MedCost.com.
2. Choose Healthy & Whole under Quick Links.
3. Go to MyCarePath and follow the prompts to complete the assessment.

overnight. Together, you will set goals that are realistic and achievable. Your nurse coach will help you make small, incremental moves to bring you closer to the finish line. And, as you see your progress over time, you will be motivated to go even further.

It's your move

Changing your routine can be challenging, but the benefits of reducing your risk are well worth the effort. This is your opportunity to receive free and confidential nurse health coaching and mentoring to meet your specific needs. So, don't wait! Complete your free online health assessment today and start living your healthiest life.

**All communications with your personal nurse health coach are confidential and will not be shared with your employer.*