



Work one-on-one with a dedicated nurse health coach to help you better manage your chronic condition

Managing Prevalent Conditions

Asthma

Indiana Laborers Welfare Fund offers Nurse Health Coaching, a **URAC-accredited** program through American Health, that targets nine prevalent conditions for which evidenced-based guidelines are established to impact health and measure improvements.

Chronic kidney disease (CKD)

If you have a health condition, you have access to your own registered nurse through the confidential Nurse Health Coaching program. Your personal nurse health coach will help you understand and manage your condition to start living a healthier lifestyle.

Chronic pain

(osteoarthritis, rheumatoid arthritis or low back pain)

Coronary artery disease (CAD)

Congestive heart failure (CHF)

Chronic obstructive pulmonary disease (COPD)

Diabetes

Hyperlipidemia

Hypertension

All of our nurse health coaches are registered nurses who have been trained in motivational interviewing techniques. Your nurse health coach will also help you set step-by-step goals to manage your condition and maintain a healthy lifestyle.

- Program Highlights -

Members work with a dedicated nurse health coaches to help self-manage their conditions

Helps members learn more about and gain confidence in managing their disease

Promotes better self-management to achieve clinical improvements based on evidence-based care guidelines

Supports members in attaining and sustaining needed lifestyle changes

You can enroll in Disease Management by calling **1.800.451.6123**



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