

STATE HEALTH PLAN MEMBERS

Take advantage of FREE Health Coaching

Personal, confidential health coaching support is available to State Health Plan members*. Your personal health coach is standing by to help you make your health goals a reality!

Health coaches are available to help you:

- Manage stress
- Eat healthier
- Make a fitness plan
- Lose weight
- Manage your diabetes
- Lower your cholesterol
- Improve your blood pressure
- Manage your pregnancy
- And much more!



Disease and case managers are also available to help members manage a chronic condition or injury, such as asthma, blood clots, arthritis, and more.

What you can expect during a coaching session:

- Guidance in creating a plan to reach YOUR health goals
- An experienced health professional to talk to at a time that's convenient for you
- A judgment-free conversation about your lifestyle
- Someone to hold you accountable and celebrate your successes

Coaches are available: Monday – Friday 8:30 a.m.-9 p.m. and Saturday 9 a.m.-2 p.m.

Ready to get started?

Call **800-817-7044** today!

NCHEALTHSmart
An initiative of the State Health Plan

*Members eligible for NC HealthSmart services are members whose primary health coverage is through the State Health Plan. Medicare primary members are not eligible for NC HealthSmart services.