

Managing a Chronic Condition? We Have Resources Just for YOU!



NC HealthSmart is the State Health Plan's healthy living initiative. Log on to your online Personal Health Portal and try these resources today!

- **Access Digital Health Coaching**
Create a personal action plan with self-paced modules to manage your chronic condition and reach your health goals. Coaching sessions are available to help you lower blood pressure and cholesterol, manage diabetes, ease chronic pain and much more.
- **Use a Tracker**
Trackers allow you to compare your numbers to the recommended ranges and provide a quick view of your progress over time. Trackers are available to help monitor your asthma peak flow, blood glucose, blood pressure and more!
- **Speak with a Health Coach**
Health coaches can help you better understand your condition, answer questions and provide you with options to better manage your health. Health coaches are available online or by phone Monday - Friday, 8:30 a.m. – 9 p.m., and Saturday, 9 a.m. – 2 p.m. at 800-817-7044.

How are you managing your chronic condition?

- I get the recommended screenings
- I work with my doctor to follow a personalized plan
- I make sure I have all the answers to my health-related questions
- I recognize warning signs and symptoms associated with my chronic condition
- I seek one-on-one support from a health coach through NC HealthSmart

Feel your best every day.

Log in to your NC HealthSmart Personal Health Portal today!

www.shpnc.org
Click NC HealthSmart

*Members eligible for NC HealthSmart are members whose primary health coverage is through the State Health Plan

NCHEALTHSmart
An initiative of the State Health Plan