

Lifestyle and Condition Coaching: HEART HEALTH JOURNEY

Did you know?

High blood pressure isn't just connected to heart disease.

People between the ages of 44 and 66 with uncontrolled blood pressure have a higher risk for dementia as they age.*

[*cdc.gov](https://www.cdc.gov)



High-touch experiences offer six weeks of intensive focus on heart health

Using education, coaching and evidence-based recommendations, we can help members better understand the impact of their choices. They'll finish ready and able to show their hearts some long-term love.

CONNECT

- **Identification** and enrollment
- **Wireless blood pressure cuffs**

MOTIVATE

- Weekly **live, online** group coaching led by experienced coaches
- Weekly **one-to-one telephonic** connection with a nurse to:
 - Establish program **goals**
 - Review **device data** and discuss trends
 - Reinforce **education** from the group coaching series

EMPOWER

- The member completes the **six-week group coaching class**.
- The **nurse reviews key points** from the group series.
- The member is on track for **continued self-monitoring**.

[LEARN MORE](#)

about how the Lifestyle and Condition Coaching program can be part of your members' journey to better health.

[ActiveHealth.com](https://www.ActiveHealth.com)



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