

# Health and Wellness

## For Members



As a Sutter Health Plan member, you have access to a variety of programs designed to help you and your family maintain healthy lifestyles.

### Health and Wellness Site

Our Health and Wellness site is designed with your physical and mental health in mind. The site provides health-related tools and resources to help you achieve your personal health and wellness goals.

Start your wellness journey with a comprehensive personal health assessment. You complete the confidential, easy-to-use questionnaire about your health history and lifestyle behaviors. The system analyzes your answers to develop a customized risk report of your current health status. You can also generate a provider version that you can print and bring to your doctor appointments if you want to discuss any concerns.

You can use any of the 13 available Action Plan modules, such as Healthy Eating, Stress Management, and Heart Disease Prevention, to take small steps toward your health and wellness goals.

The site also offers access to a Health Library featuring Learning Centers, a Video Library, a Symptom Checker, and more. You can easily access the Health and Wellness site through your secure Sutter Health Plan Member Portal account at [shplan.org/memberportal](http://shplan.org/memberportal). Select the Health and Wellness link in the Quick Access toolbar on your homepage. You are automatically taken to, and signed into, the Health and Wellness site.



## Sutter Health Care Management Program

### Health Coaching Program

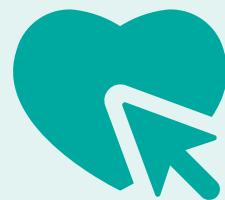
You have access to the Health Coaching Program to help with healthy weight, tobacco cessation and stress management — all at no cost to you. This program combines personal life coaching with personal accountability as a way of engaging you in effectively managing your health condition or achieving wellness goals. You will work one-on-one with a coach to uncover barriers to self-management, link behavior to personal values, and set goals to make healthier lifestyle choices.

Participation is easy. Coaching appointments are by telephone and the first call lasts no more than 20 minutes. You and your coach decide how to work together to address needs, concerns and preferences.

### Complex Case Management

You are eligible for the Complex Case Management (CCM) program if you have chronic conditions or multiple health problems. The CCM team of registered nurse case managers, social workers, clinical pharmacists, and healthcare coordinators can assist you with coordinating care with your providers and understanding your prescription drugs.

To enroll or find out more, call the Sutter Health Care Management program at **844-987-6095** or your assigned medical group (as shown on your member ID card).



### Online Health and Wellness Resources

The Sutter Health Plan website offers health and wellness resources, including access to live and recorded webinars, tip sheets, health maintenance guidelines, Partnering for Your Best Health, and more.

Resources are available at [sutterhealthplan.org/wellness](http://sutterhealthplan.org/wellness).

