

Chronic condition? Work with a nurse coach.

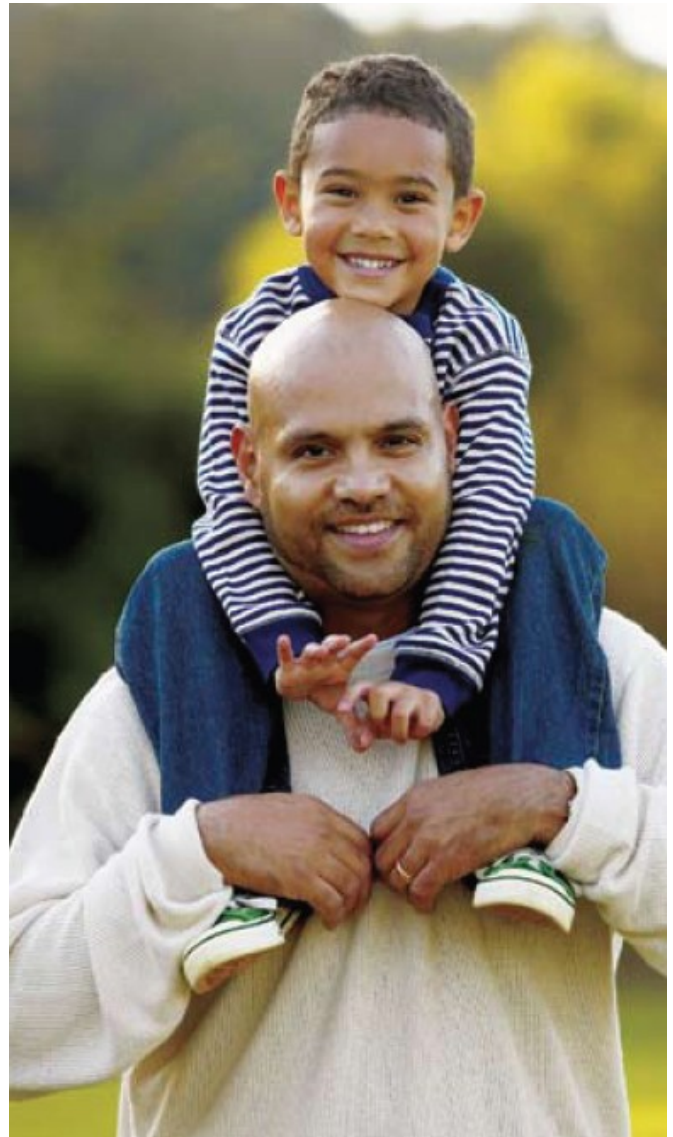
Call 1-866-698-3504 to find out how
a nurse can really help you.

It's a free benefit you get through your Gulfstream health coverage called Informed Care Management. This free benefit sets you up with a registered nurse who acts as your personal health coach.

One-on-one help is the difference

This dedicated nurse can help you make the most of doctor visits, explain your treatment plan and help you avoid future complications. That way you'll spend less time dealing with your condition, and more time enjoying your life!

This service is free. All you have to do is call ActiveHealth to start getting this service.



If you have any of the following conditions, you'll want to speak with one of our registered nurses.

Heart and Blood Vessel Conditions

Blood clots
Disease of leg arteries/PAD
Heart attack and angina
Heart failure
High blood pressure
High cholesterol
Stroke

Diabetes

Lung Conditions

Asthma
COPD

Stomach and Intestine Conditions

Chronic hepatitis B or C
Crohn's disease
GERD/Gastric reflux disease
Stomach ulcers
Ulcerative colitis

Kidney Conditions

Chronic kidney disease
Kidney failure

Cancer

Breast
Colon
Leukemia
Lung
Lymphoma
Prostate

Bone and Joint Conditions

Arthritis
Chronic back pain
Chronic neck pain
Osteoporosis

Neurologic Conditions

Migraines
Parkinson's disease
Seizures

Healthy Aging — 65+

Weight Management

Overweight/obesity

Other

Cystic fibrosis
HIV
Sickle cell anemia

Programs are available for children and teens with the following conditions

Asthma
Diabetes
Cystic fibrosis
High blood pressure
Sickle cell anemia
Weight management/obesity

Call toll-free 1-866-698-3504
Monday-Friday 9am – 11pm
Saturday 9am – 2pm (Eastern time)
www.myactivehealth.com/gulfstream