

# Chronic condition? Work with a nurse coach.

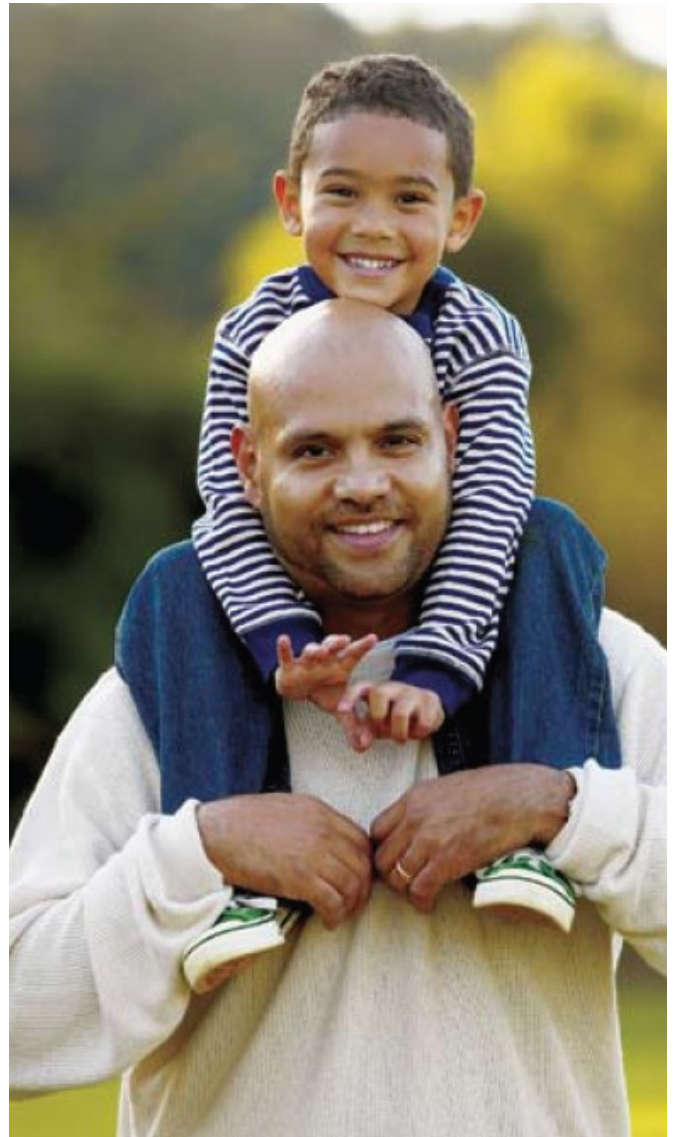
Call 1-866-698-3504 to find out how  
a nurse can really help you.

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](http://www.myactivehealth.com/gulfstream)**