

## SmartChoice

We Can Help “YOU” make smarter choices towards a healthier life.

How? With SmartChoice “The Right Choice” - educating individuals on preventing and managing heart disease, diabetes and other health risks by focusing on lifestyle changes.

SmartChoice is our medically supervised health education program targeting those who have or are at risk for chronic diseases such as heart disease, high blood pressure, diabetes, high cholesterol, asthma and weight management. The key to managing these conditions is long-term lifestyle changes, not short-term solutions. Six-months in length and highly personalized, SmartChoice focuses on education, prevention, behavior modification, and self-management to minimize common health risks. Intended for adults, hundreds of participants have found that it benefits the whole family!

The following are just a few of the benefits of SmartChoice:

- Personal, one-on-one confidential counseling sessions with a nurse and licensed dietitian.
- Health risk-specific coaching and planning.
- Individualized meal planning with attention to specific health risks.
- On-going contact with the SmartChoice case managers via telephone, email and meetings.
- SmartChoice Tool Kit for help with meal planning and portion control.
- Access and referrals to a premier network of local physicians and hospitals.

Available to members and non-members

Any individual with a medical concern may call SmartChoice and respond to a brief screening conducted by a case manager. Payment options will be explained to those for whom SmartChoice is not a health plan benefit.

Smart Choice is a Community Health Partners medical services solution that can benefit your employees and your bottom line. For more information, call 239.659.7740