

A Choice to Stay Healthy

What is the Health Coach Program?

- ✓ *Health Coach* will offer nurses dedicated to CVS/pharmacy who will be available by phone to help employees enrolled in the three new benefit plans being offered through Blue Cross of California effective 6/1/07.
- ✓ It's a new health management resource available to associates who enroll in one of the three new options that will help you with any health care questions or issues. Please be confident that this personal assistance is completely confidential.
- ✓ *Health Coach* is a health management advocacy and patient outreach program staffed by licensed, registered nurses who are solely dedicated to CVS/pharmacy. *Health Coach* offers one-on-one patient support, information and guidance whenever eligible CVS/pharmacy employees need help with any health care issues or questions, such as general health care issues, disease management or certain chronic medical conditions.