Need a plan for healthy living? We can help through our Health Education Programs.

What is a Health Education Program (HEP)?
These programs provide valuable information through the mail to help our members:
- Learn facts about a health problem
- Define ways to self-manage a health problem
- Work with the doctor and health-care team
- Handle the life changes and stresses of a health problem
- Access dependable Web resources/toll-free telephone numbers

Who can get a Health Education Program? Members with:
- Both high blood pressure and high cholesterol
- Diabetes
- Low back pain
- Bronchitis, pneumonia, sinusitis and/or asthma
- Weight management concerns

More about the programs:
- No classes to attend.
- Free printed materials are mailed to the member’s home address – monthly for 14 months.
- Information supports members as they take better care of themselves.

How to enroll in a Health Education Program:
- Complete appropriate enrollment form for a specific program.
- Sign and return it in the addressed, postage-paid envelope provided.
- Members begin to receive HEP materials within 4 to 6 weeks.
- It’s all … good for you.

Questions?
Call the HEP toll-free Helpline at 1-800-686-2609.

Get started today!
- Free
- Mailed to the member’s address
- Simple sign-up
- No classes to attend
- Helps member self-manage

Please note: The ConnectAble Health Education Programs are for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you may need. You, as a member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in the ConnectAble Health Education Programs.
Cardiovascular Health
A healthy blood pressure, cholesterol level and a healthy heart go together. Find ways to stay healthy plus keep the more serious complications of heart disease out of your life. Some items you will receive are:

- Complete blood pressure/high cholesterol health booklet
- Healthy restaurant dining facts
- Stress and relaxation newsletter
- Traveling with high blood pressure booklet
- Information on keeping up with your medicines
- Smoking cessation resources
- Stroke reduction tips
- Tips for talking to your doctor
- Exercise tip cards
- Grocery shopping guide
- Wallet key ring and pillbox
- Sticky note pad and pen

Respiratory Health
Breathe in and out … then sign up for this common-sense approach to healthy lungs. Health tools for conditions such as bronchitis, pneumonia, sinusitis or asthma will help keep your lungs as healthy as possible. Some items you will receive are:

- Pneumonia care and prevention booklet
- Complete lung and sinus health booklet
- Tips for talking to your doctor
- Sinusitis fact and care sheet
- Symptom journal
- Stop smoking resources
- Medication information
- Asthma action plan
- Immunization information
- Travel hand soap sheets

Healthy Back Support
Tired of back attacks? The low back pain program is here to support you as you learn new ways to protect your back from pain and move toward a healthier back. Some items you will receive are:

- How to care for your back manual
- Management of spine and disk problems
- Understanding your pain
- Tips to prevent pain and treating a back attack
- A freezable/microwaveable gel pack for back pain

Diabetes Management
Everyday care of diabetes is complex. Up-to-date materials, expert support and simple fact sheets give you a solid understanding of how to care for yourself. Some items you will receive are:

- Guide to life with diabetes
- Understanding diabetes medicine booklet
- Diabetes care team and testing info
- Eating out and special occasion plan
- Travel and foot care guidelines
- Smoking cessation resources
- Targeting hemoglobin A1C tool
- Stress management tips
- Delicious recipes
- Diabetes sick day plan
- Foot note sticky pad
- Lunch box

Weight Management
Adding a few pounds is one thing, but keeping them forever is no fun. Receive monthly support and ideas on every part of achieving a healthy weight – healthy eating, exercise and managing stress. Some items you will receive are:

- Maintaining a healthy weight manual
- Strength training information
- Complete weight loss and fitness guide
- Walking for Fitness booklet
- Recipe and menu book
- Grocery shopping guide
- Fast food eating tips
- Healthy eating tips for grandchildren
- Portion size placemat

Low Back Pain
Exercise, posture and other tips to protect your back
Back Fitness brochure and diary
A self-care guide for back pain
Drawings of back pain conditions
All About Your Medicines