

To learn more about specific services available to you through *Healthy Together*, call toll free:

1.866.273.8618

or visit us at

www.apshealthcare.com

Always Remember:

Keep your appointments with your healthcare provider and take your medicine as prescribed by your healthcare provider.

Take care of yourself by eating healthy foods, exercising and remembering to laugh.

Healthy Together services are provided by



Health Management Programs

Healthy Together is a free program for participants and their dependents enrolled in the UFCW and Employers Arizona Health and Welfare Fund Plan who deal with:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Diabetes
- Hyperlipidemia
- Hypertension
- Low Back Pain



**UFCW and Employers
Arizona Health and Welfare Fund**

Living with chronic illnesses and conditions can be challenging for you and your family. The *Healthy Together* program provides you with:

- A personal health coach
- Support when you need it
- Resources you can use
- Information to help you lead a healthier, happier and more productive life!

Healthy Together is free, voluntary and confidential. Personal information shared with APS Healthcare staff is never shared with your employer.

Why you should enroll in *Healthy Together*:

- We have a team of nurses, dietitians and counselors who can help you learn how to improve your health and quality of life.
- We work with your doctors and healthcare providers to support your care and help get you the services you need.
- We help you find answers to your health questions and resources you need in your community.

You will receive:

- SUPPORT from your own health coach who will call you regularly to talk about your health, how you feel and to assess your needs.
- ACCESS to a web site with information about health topics for you and your family

- INFORMATION on community support services
- EDUCATIONAL MATERIALS to help you understand your condition and ways to improve your health.

We can also send you information on:

- ✓ How to quit smoking
- ✓ Exercising effectively
- ✓ Eating nutritiously on a budget
- ✓ How to reduce and manage stress

Here's how to enroll in *Healthy Together*:

1. Call us toll-free at 1.866.273.8618 and ask to be enrolled in *Healthy Together*.
2. Ask your physician or health care provider to refer you to the program.
3. A health coach will contact you by phone to tell you about our services and invite you to enroll in the *Healthy Together* program.

After you enroll, your health coach will:

- Assess your healthcare and resource needs
- Follow up with you at agreed upon times
- Send you information and educational materials
- Help answer your questions
- Work with your doctor and healthcare providers to support your care.
- Help you improve your health and quality of life.

Healthy Together

1.866.273.8618

