



Make Healthy a Part of Your Routine

At BlueShield of Northeastern New York, we're focused on getting and keeping you healthy. That's why we offer lifestyle management programs with trained professionals to help guide you to better health.

Health coaching

Our health coaches work with you to identify your wellness needs, provide you with the tools and resources to succeed, and motivate you to make long-term health or lifestyle changes. A health coach can actively support, encourage, and educate you:

- Weight management
- Exercise
- Nutrition
- Stress management
- Tobacco cessation

Clinical coaching

Our clinical coach team consists of trained registered nurses, registered dietitians, certified diabetic educators, a licensed respiratory therapist and certified asthma educator, a

certified whole health RN, and licensed social workers — all here to empower you and give you a voice in chronic condition management.

The program involves coordinated health care interventions; resources for nutrition, social work, and respiratory therapy; and support and education in the areas of:

- Asthma
- Cardiac management (congestive heart failure and coronary artery disease)
- Chronic obstructive pulmonary disease (COPD) management
- Diabetes management
- Hip, knee, and back care
- Holistic health
- Sleep apnea

Lifestyle management is typically provided by phone and email.

To learn more, visit bsneny.com or call 1-877-878-8785, option 2.

