



Disease management coaching

*Manage your health conditions with MHS.
Get healthy and get rewarded!*

MHS offers **FREE disease management coaching** for our members. Learn how to manage your health condition and how to stay healthy. We provide services for many conditions, such as asthma, diabetes, COPD, CHF and heart disease.

Members can earn **up to \$85 per year in MY Health Pays® rewards** by participating. You can use reward dollars to help pay for everyday items at Walmart, utilities, transportation, telecommunications (cell phone bill), childcare services, education and rent.

My Health Pays® Rewards for Disease Management Coaching	
Initial intake assessment	\$10
Creation of care plan with measurable goals	\$25
Successful closure of care plan	\$50
TOTAL POSSIBLE REWARDS	\$85

Have any of these conditions? Disease management coaching can help!

ASTHMA: A chronic lung disease that inflames and narrows the airways in the lungs. Symptoms include coughing, shortness of breath, and chest tightness.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD): A group of lung diseases that cause you to have trouble breathing.

CONGESTIVE HEART FAILURE (CHF): A disease that occurs when your heart is too weak to pump blood.

CORONARY ARTERY DISEASE (CAD): When a substance called plaque builds up in the arteries that supply blood to the heart (called coronary arteries).

DIABETES (SUGAR): Also known as “sugar”. Diabetes type 1 is a disease where your body can no longer make insulin. Diabetes type 2 is a disease where your body cells are less sensitive to your insulin. Both types can cause high blood sugar levels.

Ready to enroll? Call 1-800-973-1412.

