

# YourCare

## Health and Wellness Program

### Proactive. Timely. Personalized.

The *YourCare* health and wellness program maximizes your health potential by providing proactive, timely and personalized information. *YourCare* supports healthy lifestyles and promotes personal responsibility for managing health.



### With *YourCare*, you receive:

#### Proactive wellness reminders

You will receive proactive reminders for age- and gender-appropriate screenings and preventive tests, such as mammograms. Proactive outreach encourages you to take charge of your wellness to help you stay healthy and to identify health issues early. *YourCare* promotes wellness and prevention by encouraging face-to-face interactions between you and your physician.

#### Outreach from registered nurses

Prevention is key in maintaining or improving your health. If you have one or more of the seven chronic health conditions listed, a health advisor from our coaching team will make outreach calls and can enroll you for coaching sessions. Once enrolled for coaching, a registered nurse coach will provide individualized medical assistance, help you understand your condition and recommend a treatment plan. The nurse coach will also provide support and education regarding ways to improve and change your lifestyle, leading to better health.

#### Personalized notifications

We identify members who have one or more of seven common chronic health conditions and closely monitor treatment to identify potential gaps in accepted medical care. If you have a chronic health condition, you will receive friendly, detailed reminders concerning your care, and encouragement to contact a physician and eliminate any gaps in your treatment plans that could lead to further health issues.

#### Access to online self-coaching programs

After completing a health risk assessment, you will receive a personalized plan, tools and resources to help you meet your goals. By using the online self-coaching programs, you can access help with weight management, smoking cessation, stress management, nutrition improvement and physical activity management. Get started with online self-coaching programs today by logging in at [www.starmarkinc.com](http://www.starmarkinc.com) and accessing the HealthCenter.

#### *Personalized attention to help you with these chronic conditions:*

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease
- Congestive Heart Failure
- Diabetes
- High Blood Pressure
- High Cholesterol

Plan design availability and/or coverage may vary by state.

Self-funded plans are administered by Starmark, and stop-loss insurance coverage is provided by Trustmark Life Insurance Company.



Starmark® administers self-funded health benefit plans, offering extensive plan design choices, exceptional personal service and nationwide provider access.

Starmark – The leader in self-funding for small groups.

400 Field Drive • Lake Forest, IL • [www.starmarkinc.com](http://www.starmarkinc.com)

