



## 360° Health® Programs

Empowering your  
health care choices.

### Any way you look at it, your health is important.

Everyone has different health needs and learning styles. Whatever yours are, 360° Health is here to help. From online resources to personal attention from registered nurses, 360° Health can help you be more engaged in your health and help you make more informed health care decisions.

#### 24/7 NurseLine

Round-the-clock access to health information can be vital to your peace of mind and well-being. That's why we have Nurse Coaches available to talk with you about your general health issues any time of the day or night at our toll-free number. Can you treat the problem at home? Do you need to see your doctor? Or should you head straight to the emergency room? Making the right call can help you avoid needless worry and expense. And, most importantly, safeguard your health and the health of your family.

To reach the 24/7 NurseLine, just call 888-724-2583.

#### Future Moms

We know your goal is to have a safe delivery and a healthy baby. That's why we offer Future Moms, a voluntary program to help you take care of your baby before you deliver. Register for Future Moms and you'll get:

- 24/7 toll-free access to a registered nurse who'll answer your questions and talk about pregnancy issues with you.
- A helpful book: *Your Pregnancy Week by Week*
- Materials to help you know what to do if something unexpected happens
- A questionnaire to check your risk of delivering too early

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- Useful tools to help you, your doctor and your Future Moms nurse coach track your pregnancy and spot possible problems

**Answers and support are just a phone call away. Register for the Future Moms program at no additional cost by calling 866-664-5404.**

## **ConditionCare Core Programs**

If you or someone you love suffers from a chronic health condition, let us help you get more out of life. Our ConditionCare nurses help people of all ages manage the symptoms of asthma and diabetes. And they work closely with adults who are dealing with chronic obstructive pulmonary disease (COPD), heart failure and coronary artery disease. With ConditionCare you'll get the information you need to feel your very best day after day. Our ConditionCare nurses gather information from you and your doctor. Then they create a personalized plan for you.

**To learn more or to enroll in ConditionCare, just call 800-638-4754.**

