

Get health support on the go



Ready to get on track with your health but not sure where to start? You don't have to figure it out on your own. As a State Health Plan primary member, you can get one-on-one coaching from a health care professional at no cost to you for:

- Asthma, coronary artery disease, congestive heart failure, chronic obstructive pulmonary disease (COPD), diabetes, high cholesterol, hypertension (high blood pressure) and migraine.

- Depression, anxiety, substance use recovery support, attention-deficit hyperactivity disorder (ADHD) and bipolar disorder.
- Back health, Coming Attractions maternity management program, metabolic health, weight management and stress management.

Once enrolled, you can communicate with your care manager at no cost to you through **My Health PlannerSM**, an app available to State Health Plan primary members.

For details, call 855.838.5897.

