



Health Management Coaching

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

MHS offers **FREE Health 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, heart disease, depression, hypertension, chronic kidney disease, autism, and attention deficit hyperactivity disorder.

All members can earn up to **\$85 per year in My Health Pay[®] rewards** by participating. You can use rewards to help pay for everyday items at Walmart, utilities, transportation, cell phone bill, childcare services, education and rent.

My Health Pays [®] Rewards for Health 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!

- ADHD
- Autism/pervasive developmental disorder
- Chronic Kidney Disease (CKD)
- Hypertension
- Depression
- Asthma
- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Heart Disease

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