



# HealthSpan E-Coach Offered to Medical Plan Members

[www.healthspane-coach.com](http://www.healthspane-coach.com)



**I need support in making a change to my diet.**



The HealthSpan E-Coach is a unique tool to assist you in achieving your specific health and lifestyle goals. By working with your own personal coach, you will be able to identify the goals appropriate for you and access resources including health assessments, trackers, articles and daily messages.

Your E-Coach can help you with nutrition, weight loss, exercise, stress, symptoms, drug interactions and much more.

## To Join Today

Visit the web site at:

[www.healthspane-coach.com](http://www.healthspane-coach.com)

Select Join

Complete information and enter

Coupon code: BHP

Select Submit



Your Health Coach will contact you within three days.

## HealthSpan Complete Care Program Offers Support to BHP Medical Plan Members with Chronic Conditions

The Complete Care Program is available to health plan members with conditions such as:

- Acute bronchitis
- Asthma
- Attention Deficit Hyperactivity Disorder
- Cancer
- Chronic Obstructive Pulmonary Disease
- Congestive Heart Failure
- Coronary Artery Disease
- Depression
- Diabetes
- Epilepsy
- Hepatitis C
- HIV/ Aids
- Hyperlipidemia
- Hypertension
- Low Back Pain
- Migraines
- Multiple Sclerosis
- Obesity
- Osteoporosis
- Rheumatoid Arthritis
- And more

To self-refer to the program or if you have any health or health care related concerns or questions, please contact a nurse health coach:



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