



Discover Your State of Health.

HealthSpan offers a personalized tool to assist you in achieving your specific health and lifestyle goals. It all begins with your comprehensive health evaluation.

Interactive Health Solutions

Your health evaluation and Interactive Health Index (IHI) provide a unique way to assess your health risks and set realistic goals to help minimize future health risks.

Watch how life gets better as you learn to understand and manage your health.

Discover

Your state of health and help ensure a healthy future.

Receive

Personalized valuable health information as well as continued support and coaching.



Presented by **HEALTH SPAN™**

Control Health Problems!

The key to good health is understanding and managing at-risk conditions.

Personal Nurse Coach/ Certified Care Managers

- Target members at risk for appropriate wellness intervention.
- Provide follow-up, Life Style counseling, and HealthSpan E-Coaching is available to support members by phone or on-line.

Collaboration with Behavioral Health Specialists

- Experienced clinicians work with nurse coaches to evaluate and address psycho-social health concerns.

HealthFocus, confidential telephonic health education from a Masters degreed health professional is also available. You may choose from 10 health-related courses including:

- Smoke-Free for Life
- Diabetes Prevention and Control
- Managing Cholesterol Levels
- Personal Fitness
- Better Nutrition
- Weight Management and more

Getting Started

Your comprehensive health evaluation includes a state of the art blood screening that includes, but is not limited to:

- Cardiovascular disease risks (high cholesterol, high blood pressure)
- Diabetes
- Liver and kidney disease
- Anemia
- Blood, bone and muscle disease (including certain types of cancer)

Our innovative IHI (Interactive Health Index) will provide you with a unique way to assess your risk for heart disease, stroke and diabetes. The IHI will set realistic personal goals that will help you minimize future health risks.

Your health evaluation is conveniently provided at your workplace and typically takes less than 30 minutes to complete. This program is completely confidential. Your personal health information will be handled according to the national privacy laws (HIPAA) and will not be shared with anyone without your permission.

Your Action Plan

Your Personal Health Report will be mailed to you within 2 weeks after testing plus you will be able to go on-line and check your lab tests within 3 business days! You will also be able to consult with IHS health experts to get personal and private answers to questions on virtually any health topic. Employer aggregate reports are available that illustrate risk for overall population with economic analysis.

We are committed to meeting the needs of our members. You can use our website anytime — www.HealthSpanNetwork.com

HEALTH SPAN™

*Pictoria Tower 1
225 Pictoria Drive, Suite 320
Cincinnati, Ohio 45246*

513/551-1400

888/914-7726

