

Live life on your terms



LEARN MORE ABOUT
HOW WE CAN HELP YOU

Use the QR code reader on your smart
phone to view the YouTube video.



Imagine a world where your health no longer holds you back from doing what you love.

Foth has partnered with UMR to provide expert support and resources to help members improve and maintain their health. One way UMR helps members live healthier lives is by helping them bring their chronic medical conditions under control.

UMR's nurse coaches are available to help eligible employees and dependents enrolled in the medical plan. There is no cost to participate, and your personal health information is confidential.

Selected conditions

The program is open to members with one or more of the following conditions:

- Asthma
- Heart failure
- Diabetes
- Heart disease
- Hypertension
- Chronic obstructive pulmonary disease (COPD)
- Depression (when occurring with one of the other listed conditions)

Benefits of better health

When you are able to manage your symptoms, you can:

- Feel better and do more
- Reduce or eliminate the need for medications
- Lower your long-term health risks
- Avoid flare-ups that lead to ER visits
- Cut your out-of-pocket costs



Here's your
chance to receive a
\$100 reward card

It's your incentive for signing up to work with a personal coach. To qualify for your \$100 reward card, you must:

- Have one of the chronic conditions listed
- Participate in at least 3 calls with your coach

There are a limited number of cards available for members who enroll in the first 90 days, so be sure to call soon.



A UnitedHealthcare Company



Get started!

You can sign up to work with a health coach in two easy ways:

- 1) Log in to **umr.com** and go to the Health center. Select “Get a health coach” from the “I need to” menu.
- 2) Call us toll-free at **866-575-2540**

Personal health coaching

All members with a chronic condition benefit from disease management. Those at higher risk will be contacted and invited to participate in coaching sessions.

You can sign up for coaching on **umr.com**. Once you are logged in, go to Health center and select “Get a health coach” from the “I need to” menu.

UMR’s team of registered nurses can motivate and guide you in making informed decisions to control your symptoms and improve your health. Our nurse coaches are available at times that are convenient to you. They can help you set goals for your health and discuss strategies for success.

Our coaches have helped participants gain control of their asthma, adjust their diet to lower their blood pressure, and lose weight to better manage their diabetes and reduce the need for medications. Most importantly, our coaches can arm you with the confidence to take charge of your health and welcome the rewards that follow.

After completing your coaching sessions, you may receive periodic phone calls and informational materials to help you “stick with” your new healthier habits.

Helpful online wellness tools

UMR provides useful, interactive tools online to help you reach your health goals. Log in to **umr.com** and visit the Health center to access your wellness activity center. You can:

- Learn more about potential health risks and how to limit your risks.
- Track your progress using your own personal health record.
- Participate in action plans that provide you with useful information and online activities to guide your journey to healthier living.

Seize the opportunity to enroll

Don’t miss this opportunity – it’s like having your own personal trainer. We’re here to give you a fresh perspective on self-managing your condition(s) for a healthier lifestyle. Our goal is to provide you with important information you can share with your doctor to help ensure you receive the best care possible.

You may opt out of the program at any time by notifying your coach or sending written notice to:

UMR Disease Management
P.O. Box 8042, Wausau, WI
54402-8042.

© 2015 United HealthCare Services, Inc. 0615
No part of this document may be reproduced without permission. The information provided in this document is for general educational purposes only. It is not intended as medical advice and cannot replace or substitute for individualized medical care and advice from a personal physician. Individuals should always consult with their physicians regarding any health questions or concerns.

