

You want  
to help them.  
We know where  
to begin.

Start with Healthy Solutions for Life. It's a program from MHS Health Wisconsin that provides disease management and lifestyle coaching services to support your commitment to provide quality care for your patients.



## What Is Healthy Solutions for Life?

**Healthy Solutions for Life** is a health and wellness program from MHS Health Wisconsin. **Healthy Solutions for Life** matches people with a personal health coach, like a nurse or other health professional, who they can talk with on the phone. There is no cost to eligible members: The program is part of their MHS Health Wisconsin benefits.

## What Is Health Coaching?

The **Healthy Solutions for Life** health coaching programs use evidence-based guidelines to assist members with self-management of chronic conditions and needs such as:

- asthma
- diabetes
- COPD
- heart disease
- heart failure

There are special programs for children with asthma and diabetes.

## How Can This Program Help Me?

**Healthy Solutions for Life** is designed to support your treatment plans and complement the care your healthcare team provides. The health coaches will provide guidance to your patients to help them gain and maintain control of their health. Providers may receive periodic requests for information, including requests for treatment plans or lab data, as well as surveys to gauge how we are doing and how you think we can better serve your patients. To refer a patient to the program or for more information, call 1-800-905-6989.

## What Can A Member Expect?

- 1 When one of your patients qualifies, we will set up a time with them to talk on the phone.
- 2 We will talk about their medical history and any challenges they have. We will also set some health goals together.
- 3 After that, their health coach will call them regularly to work on those health goals.

