

Nice

Yes, I have a long-term health condition. Now I have a long-term solution.



No cost for this service.
Private and confidential.

If you have a chronic condition, you can work one-on-one with a nurse coach to build a personal plan for better health.

- Understand your condition and how things you do every day impact your health.
- Learn how to reduce your risk of heart disease, stroke and other serious conditions.
- You may be able to lower your blood pressure or cholesterol, or even get your blood sugar under control.

Need health info on the go?

Use the mobile site.



Take the first step toward feeling and being your best!
Sign up for Active Disease ManagementSM today.

1-855-294-6580, Monday-Friday, 8:00am to 8:00pm,
CT and Saturday, 8:00am to 1:00pm, CT.



Scan the QR code into your smartphone to talk to a nurse coach.

