

Empowering patients, supporting providers

# Disease Management Health Coaching Program Overview



Managing a chronic condition can be challenging. EOCCO's Disease Management program is here to support your patients between visits—helping them build the knowledge, habits and confidence to take control of their health.

## How the program supports your patients

- Personalized education to fill knowledge gaps and improve adherence to care plans
- Guidance on establishing and maintaining health-promoting habits
- Help with preparing for provider visits
- Strategies to navigate barriers to change
- Whole-person health focus, including stress resilience and sleep quality

## What's included

- **One-on-one sessions:** Patients work directly with a certified health & wellness coach who is dedicated to helping them succeed
- **Sustainable health goals:** Health coaches will help your patients identify and prioritize their health objectives, whether it's managing a chronic condition or improving overall wellness
- **A better understanding of their health:** Patients gain insight into their health status and learn how to navigate ongoing health issues effectively
- **Comprehensive support:** Guidance on nutrition, exercise, sleep and stress management is tailored to fit individual lifestyles
- **Confidentiality:** All interactions between patients and their health coach are completely confidential
- **Flexible scheduling:** Flexible coaching hours from 7:30 a.m. to 6 p.m. Pacific Time ensures convenient scheduling

## Eligibility and covered conditions

Patient must be an EOCCO member and have one of the following conditions:

- Asthma
- Coronary artery disease (CAD)
- Cancer
- Congestive heart failure (CHF)
- Chronic obstructive pulmonary disease (COPD)
- Diabetes (Type 1 or Type 2)
- Hypertension
- Musculoskeletal pain (lower back pain)
- Obesity (BMI 30 and above)



Together, we can help patients build sustainable habits for better health.

## How to enroll patients

Encourage eligible patients to contact a Health Coach to learn more and enroll by calling **800-913-4957** or emailing **EOCCOhealthcoachteam@EOCCO.com**.



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Eastern Oregon Coordinated Care Organization must follow state and federal rights laws. We cannot treat people unfairly in any of our services or programs because of a person's age, color, disability, gender identity, marital status, national origin, race, religion, sex or sexual orientation.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 888-788-9821 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 888-788-9821 (聾啞人專用：711)。