

HEALTH AND WELLNESS SITE

Sutter Health Plus

Sutter Health Plus offers our members a health and wellness site designed with your physical and mental health in mind.

The site provides health-related tools and resources to help you achieve your personal health and wellness goals.

Your wellness journey starts with a comprehensive personal health assessment (PHA). The PHA is a confidential, easy-to-use questionnaire that asks you about your health history and lifestyle behaviors to give you a personal risk report of your current health status.

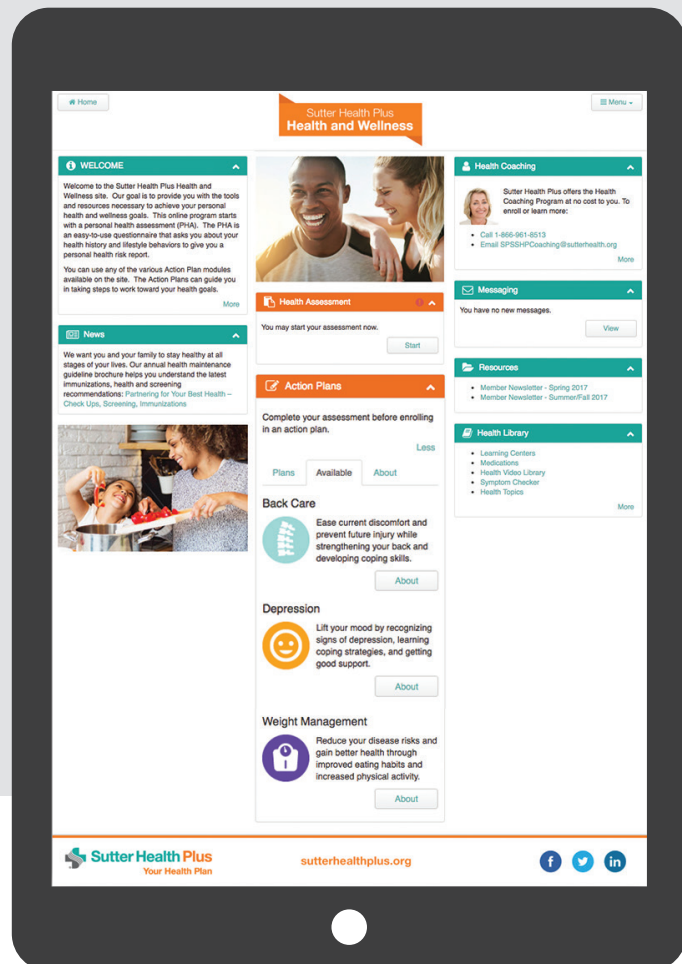
You can also get a provider version of the report that you can bring to your doctor appointments if you want to discuss any health concerns.

You can use any of the 12 available Action Plan modules such as *Healthy Eating*, *Stress Management* and *Heart Disease Prevention* to help you take small steps toward your health and wellness goals.

The site also offers access to a **Health Library** featuring Learning Centers, a Video Library, a Symptom Checker and more.

While on the site, you may want to check out our **Health Coaching Program**, offering personal health coaching on weight management, stress management and smoking cessation. Health coaching is a telephone-based program that combines life coaching with personal accountability to achieve wellness goals and support lasting lifestyle changes. If you enroll in health coaching:

- Your coach stays connected with you using the Health Coaching module
- You can communicate with your coach through the secure messaging feature on the site and schedule coaching appointments
- Your coach can help connect you with other available programs, such as the Telephonic Disease Management Program



Sutter Health Plus members can easily access the Health and Wellness site by:

Logging in to the Sutter Health Plus Member Portal account at **shplus.org/memberportal**

Selecting the *Health and Wellness* link in the Quick Access toolbar