



HEALTH AND WELLNESS PROGRAM

Improving your health can improve your life. The World Health Organization defines health as not just the absence of disease, but complete physical, mental, and social well-being. Your health impacts your relationships, your work, your joy, and every part of who you are.

AultCare wants to support you in your wellness journey through the AultCare Health + Wellness app. This app offers immediate access to resources and support that answer the health questions in your daily life. AultCare has a team of experienced health professionals who can support you in routine wellness questions, chronic condition management, weight loss, and so much more. You will have access to your own personal health coach, dietitian, and nurse.

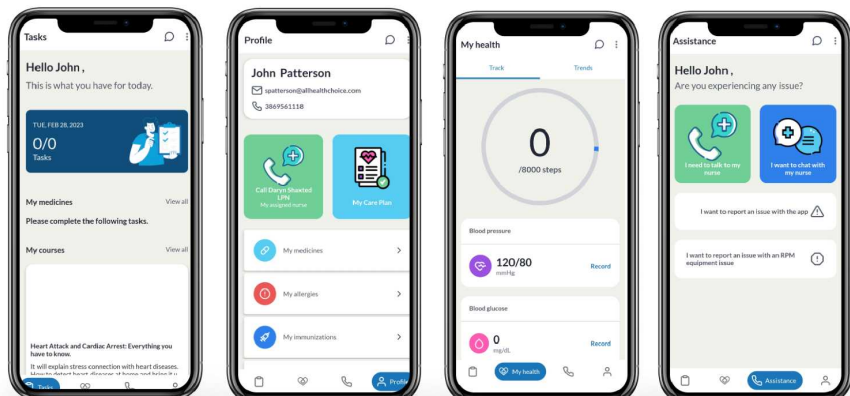
We cannot wait to connect you with this team and partner with you in living your best life!

AULTCARE HEALTH + WELLNESS IS COMMITTED TO IMPROVING YOUR HEALTH AND OFFERS DIFFERENT SERVICE LEVELS TO MEET YOUR NEEDS AND ACHIEVE YOUR GOALS:

- Free bluetooth-enabled medical peripheral devices to monitor your chronic medical conditions and your key vital signs.
- Free diabetic supplies for those with diabetes.
- Access to your health coach via the AultCare Health+ Wellness app to develop your personal path to health improvement.
- Set reminders to take your medication and utilize your medical devices.
- 24/7 access to a nurse care manager to discuss visits with your physician, and your scheduled medical tests, surgery, out of control symptoms, emergency room visits, and hospitalizations.
- Complete your health risk assessment.
- Receive education about any identified risks.

**IMPROVE YOUR HEALTH
IN THE PALM
OF YOUR HAND!**

GET STARTED TODAY.
CALL US AT
330-236-0102



If you, or someone you are helping, have questions about AultCare/Aultra you have the right to get help and information in your language at no cost. To speak with an interpreter, call Local: 330-363-6360 Outside Stark County: 1-800-344-8858 TTY Local: 711 Outside Stark County: 711 Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca AultCare/Aultra tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al Local: 330-363-6360 Fuera del condado de Stark: 1-800-344-8858 TTY Local: 711 Fuera del condado de Stark: 711 如果您，或是您正在協助的對象，有關於AultCare/Aultra保險公司方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話本地：330-363-6360 斯塔克縣外：1-800-344-8858 TTY線本地：711 斯塔克縣外：711 AultCare/Aultra complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



Diabetes Telemonitoring Program



About the Program

If you are an AultCare member and have been diagnosed with diabetes, AultCare's diabetes telemonitoring program is available to you at no additional cost.

By participating in this program, telemonitoring equipment will be used to report your blood glucose level and sends your results to your assigned registered nurse. The nurse will monitor your results to watch for trends or potential risks.

Throughout this program your results are monitored and specific trends can be identified. The data can be shared with your physicians as needed or on your appointment days for records of your data. Educational materials are also available to help you understand all aspects of your condition.



Professional Support

In this program, you are assigned a registered nurse who will closely monitor your diabetes through use of your equipment. Your nurse will provide support and answer questions you have regarding your condition.



At Home Monitoring

You can use equipment to monitor your diabetes from the comfort of your home.



Educational Materials and Resources

We have educational materials and resources available to provide you with the information you need for quality care.



Learn More

If you are interested in this program, please contact us and ask to speak with a nurse about our diabetes program.

You have the right to assistance and information in your language at no cost. To speak with an interpreter, call 330-363-6360 (TTY 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 330-363-6360 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電330-363-6360 (TTY : 711)。AultCare/AultCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Contact Us

330-363-6360 | 1-800-344-8858 | TTY 711

www.aultcare.com



Diabetes Prevention Education



About the Education

If you are an AultCare member and at risk for developing diabetes, AultCare's diabetes prevention education is available to you at no additional cost.

In this program, an AultCare registered nurse can provide you with the guidance and resources you need to lower your risk for developing diabetes. The nurse will provide coaching, support, and answer any questions you have regarding your condition. Educational materials are sent to your home and will help guide you on healthy eating and exercise, as well as help you understand factors that trigger unhealthy habits.

During the first six months of the program, the nurse will help you focus on healthy eating habits to decrease your weight/body mass index by 5-7% and encourage participation in an exercise program with your physician's approval. During the next six months, the nurse will provide education to help maintain weight loss and motivation.



Professional Support

In this program, you are assigned a registered nurse who will provide support in monitoring your risk for developing diabetes. Your nurse can answer questions you have regarding your condition.



Quantifiable Goals

A nurse will provide you with healthy eating and exercise goals to better manage your risk for developing diabetes.



Educational Materials and Resources

We have educational materials and resources available to provide you with the information you need for quality care.



Learn More

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Contact Us

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