

# Feeling **BETTER** changes everything!



Our **Health Education and Disease Management** programs are available at no additional cost to eligible

Health Plan of Nevada members. To join, call

**1-800-720-7253, TTY 711.**

To opt-out of participating in any of these programs, call **1-877-692-2059, TTY 711.**



## **WEIGHT MANAGEMENT**

Open to members age 18+ interested in weight-loss support



## **DIABETES PROGRAM**

Open to members age 18+ with Type 1, Type 2 or gestational diabetes



## **PREDIABETES PROGRAM**

Open to members age 18+ diagnosed with prediabetes



## **ASTHMA SUPPORT**

Open to members age 5+ diagnosed with asthma



## **KIDNEY HEALTH**

Open to members age 18+ diagnosed with stage 3 chronic kidney disease



## **TOBACCO CESSATION PROGRAM**

Open to members who want to quit tobacco/nicotine