



A Health and Wellness Management Suite through Healthy Foundations[®]

As part of your health plan from Trustmark Group Benefits, you have access to a comprehensive suite of health and wellness management services to help you maintain and improve your health.

YourCare Health and Wellness Program

YourCare supports healthy lifestyles and promotes personal responsibility for managing health.

With YourCare, you receive:

- **Timely age- and gender-appropriate reminders** to encourage preventive tests and screenings.
- **Personalized notifications** of apparent gaps in accepted medical care for common chronic conditions.
- **Outreach from registered nurses** to assist you if you have one or more serious health conditions.
- **Online self-directed coaching**, via the HealthCenter, to help you with weight management, smoking cessation, stress management, nutrition improvement and physical activity management.

Personalized attention to help you with these chronic conditions:

- Asthma
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Congestive Heart Failure
- Diabetes
- Depression
- High Blood Pressure
- High Cholesterol
- Musculoskeletal Pain (neck pain, back pain and osteoarthritis)

Count on MyNurse 24/7[®] Day or Night

Our staff of registered nurses is available around-the-clock so you can get the answers you need, when you need them most. The nurses offer decision support based on clinical guidelines and evidence-based resources, and could help you identify emerging conditions before they become serious health issues.

Here's how to reach
a registered nurse:

- Call **800.971.0865**
- Use secure live chat online via the HealthCenter



Healthy Beginnings Start with MaternaLink®

You can expect to receive important information and resources about pregnancy, childbirth and baby care, including:

- **Pregnancy assessments** – expectant moms are asked to participate in three pregnancy assessments
- **Access to a maternity case manager** – registered nurses who specialize in pregnancy management will provide support and help coordinate care
- **BabyLine® 24/7 telephone service** – staffed by experienced maternity nurses to answer your questions anytime
- **Wellness education materials** – to help you make informed healthcare decisions
- **Text messages** – to help you through your pregnancy and your baby's first year

The program is designed to complement the prenatal care and education received from your doctor, because healthier choices make for a healthier baby. And, after completing the program, new moms will receive a **\$100 gift card!**

Register at www.starmarkmaternalink.com to get started.

* Enrollment in MaternaLink is available to eligible employees and dependents through week 33 of gestation.

Achieve Your Personal Health Goals with the HealthCenter

Take charge of your health by using the Healthy Foundations® HealthCenter to:

- **Access health action guides** within *Health Resources* to help you make behavior changes. These guides provide information related to major health topics including blood pressure, cholesterol, diabetes prevention and more.
- **Stay informed and up-to-date about current health topics** via *Healthy News*, and receive health-related suggestions with *Health Tip of the Day*.
- **Track your personal health events** such as doctor's appointments, prescription refills, health measurements and exercise classes with *My Health*.
- **Keep track of your daily exercise routine** with *My Workouts*.
- **Determine your health and fitness status** by completing several assessments, including a health risk assessment¹, with *My Assessments*. These assessments can help you tailor an effective wellness program to meet your specific needs.
- **Check over 1,000 health topics, health symptoms and issues** with the *Family Health Guide*¹.
- **Fine-tune your exercise program or eating habits** using a collection of health and fitness tools with *Cool Tools*.

To access the online tools, go to www.trustmarklife.com/group > Employees > Healthy Foundations > Log on to the HealthCenter.

¹The health risk assessment and portions of the *Family Health Guide* are available in Spanish.

Wellness Education with the Healthy Foundations E-Newsletter

Our Healthy Foundations e-newsletter rounds out our wellness offering. It's full of useful wellness information, such as diet and nutrition tips, health and exercise articles, home safety tips and more!

To sign up, visit www.healthyfoundations.wordpress.com.

Healthy Foundations®, which is not a substitute for the professional medical care members receive from their physician, is not available on certain plans and programs.

Plan availability and/or coverage may vary by state. Insured products are underwritten by Trustmark Life Insurance Company or Trustmark Insurance Company.

 **Starmark®** | **Trustmark Group Benefits**

400 Field Drive | Lake Forest, IL 60045
www.trustmarkcompanies.com

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