



## TRS Employees Group Benefits Program

# SWHP WELLNESS Plan Year 2018-2019

Taking care of yourself isn't a fad, it's a good habit. And it's a habit anyone can pick up. Let our Wellness programs improve the areas of your life that could use a boost.

1-800-321-7947  
trs.swhp.org





***Scott and White Health Plan (SWHP) offers a variety of programs designed to meet your health and wellness needs, regardless of where you may be on the continuum of care. Providing a comprehensive suite of effective resources and tools, we provide a tailored experience built on the demands of our members. We strive to continuously provide the right care, in the right place, at the right time. It is our mission to promote a healthy lifestyle and empower our members to become an active participant in their health care team.***

## Nurse Advice Line

Not feeling well? The SWHP Nurse Advice Line is here for you 24 hours a day, every day of the year. Our nurses will discuss your symptoms and offer health coaching to help you take care of yourself wherever you are. They will also help you determine if you need an appointment, urgent care visit, or emergency room visit.

To talk to a nurse, call  
**1-877-505-7947.**

## Wellness Assessment

The Wellness Assessment is a simple, digital health survey that helps you take steps toward a more vibrant and healthier life. The Wellness Assessment asks questions about your life and delivers customized action steps from our Lifestyle Management program. Modules are self-paced, available online, and convenient for promoting physical and mental health, all things to help you feel your best.

# Online Wellness Programs

Scott and White Health Plan wants to help support healthy choices by providing individual personalized plans that fit your life and needs. These plans can include any of the following lifestyle management programs:

**Balance - Manage Your Weight** - Your mind, body, and food habits are all key to managing your weight. Balance addresses all three to help you reach your goals and maximize your energy.

**Nourish - Eat Healthier** - Nourish can help you improve your eating habits and your overall relationship with food, one bite at a time.

**Relax - Deal with Stress** - Relax puts your sources and symptoms of tension under a microscope, then unveils strategies to help keep you calm under pressure.

**Breathe - Quit Smoking** - Breathe gives you the skills to help conquer your cravings and say “goodbye” to cigarettes for good.

**Care for Depression** - Care for Depression provides individualized help in the setting and at the time or your choice.

**Dream - Sleep Better** - Short on energy and focus during the day? Dream is packed with research-based strategies for conquering sleepless nights.

**Care for Your Health - Care for Chronic Conditions** - Be the quarterback of your health care team, not a spectator. Care for Your Health reveals tactics and secrets to help you handle any chronic condition.

**Care for Pain - Care for Chronic Pain** - Your pain is unique and so is the way you respond to it. Care for Pain helps you focus more on the things that matter most to you.

To participate in any of the Lifestyle Management programs, visit [trs.swhp.org](https://trs.swhp.org) and log in, then click on Wellness Programs and select Digital Health Coaching.

## Complex Case Management

If you have chronic conditions or complex care needs, our nurse case managers will work with you, your family, and your physician to create and manage your care plan. Case managers advocate for you and assist with setting goals and making a personal plan to improve your health. They also can assist with arrangements for necessary services and make referrals to Disease Management programs as needed. Case managers answer questions and educate you so you have a better understanding of your condition and plan of care.

The purpose of the program is to help you get the best possible results and the greatest value from your health plan. Participation is voluntary, and there is no additional cost to you for this program. To see if Complex Case Management is right for you, request a screening by completing the Case Management referral form at <https://portal.swhp.org/#/referral>.

## Disease Management

Disease Management programs are designed to improve the health of members with chronic conditions and reduce associated costs from avoidable complications. These goals are accomplished by identifying and treating chronic conditions more quickly and more effectively, slowing the progression of those diseases.

Disease Management is a system of coordinated health care interventions tailored to your conditions where self-care efforts can be implemented.

Working with your health care providers, Disease Management empowers you to manage the disease and prevent complications.

SWHP TRS members can access the program by calling 1-888-360-1555 or through our online Member Information Center.

[trs.swhp.org/health-and-wellness-programs](https://portal.swhp.org/health-and-wellness-programs)



## Maternity Topics and MOMS Program

Get important information and resources for new moms and dads from our MOMS program that supports families following the birth of a newborn with personal phone calls by a licensed professional.

A MOMS program professional can be reached toll-free at 1-888-316-7947.