

Living Well with Hypertension Program



What's included?



One on one sessions with your Aetna Nurse Health Coach



Blood pressure self-monitoring*

*Free blood pressure cuff available. Contact your Nurse Health Coach to learn more.



Coordination of care with your physician



Help with goal setting



Guidance on understanding your medications, exams, lab results and instructions from your physician

Is there a reward for participating?

Yes!

Complete 5 sessions with your Health Coach and you can earn a \$100 gift card!



Who is eligible?

All Alex Lee employees are eligible if:

- They are covered under an Alex Lee Aetna Medical Plan
- They are currently being treated for pre-hypertension or hypertension
- -Or- they have had blood pressure results $\geq 120/80$ on multiple occasions

How do I sign up?

Please call your dedicated Onsite Nurse Health Coach to register:

- Lowes Foods Coach:
 - Tama Waugaman, 959-230-5264
- MDI/Alex Lee/Souto/IMX Coach:
 - Rachel Dye, 959-230-5279
- W Lee Flowers Coach:
 - Stephanie Price, 959-230-5667