

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