



Help 364



Your condition can be an everyday challenge, but you don't have to go it alone.

WellSpark's Help 364SM program gives you the guidance and confidence you need to take control of your condition, by first getting a better understanding of everything that makes you, you. Living with a chronic disease is difficult, especially if you are only able to visit your doctor once a year. That's why our team of nurse wellness coaches is here to answer questions and help you overcome your struggle to "live well" with your condition the other 364 days of the year.



WellSpark Nurse Wellness Coaches

Professionally credentialed and highly trained Registered Nurses, Certified Diabetes Educators with certifications in Cognitive Behavior Therapy and Motivational Interviewing. WellSpark's Nurse Wellness Coaches use our life dimensional approach to develop a complete understanding of your physical, mental and social situations to move you towards healthier lifestyle to help manage your chronic condition.



Easy Access

FREE to EmblemHealth covered employees & spouses with a Chronic Condition.

1. Register on MySpark Central at <http://my.wellsparkhealth.com>
2. EmblemHealth ID# needed for registration.
3. Click on "Schedule with a Coach" tile.
4. Schedule your 1:1 session.
5. Meet with a Nurse Wellness Coach to start living a more enduring well today!



Chronic Disease Support

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Heart disease
- Diabetes
- Heart Failure
- Hyperlipidemia
- Hypertension



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