

# Martin's Point US Family Health Plan

## Health Coach Service Line

One convenient line... two helpful options!  
1-800-574-8494

### Option #1: HEALTH COACH

Health Coaches provide education, advice and support to help you manage your health conditions so you can live a healthier life. Health Coaches are specially trained health care professionals available to talk with you Monday through Friday. This service is provided at no additional charge to you.

#### When should I call a Health Coach?

Think of Health Coaches as your partners in health and well-being. Our Health Coaches can work with you over the phone to:

- Manage a health condition like diabetes or heart disease
- Develop an exercise plan that fits your life
- Help you quit smoking

#### Calling a Health Coach:

To reach a Health Coach, call **1-800-574-8494** and choose option #1. This service can be reached Monday-Friday between the hours of 8am and 4:30 pm. After hours, you can leave a voice message and we will call you back the next business day.

### Option #2: 24-HOUR NURSE LINE

Reach a Registered Nurse at any time, day or night, for answers to any health questions you may have, including questions about symptoms, illnesses or injuries.

#### When should I call the 24-hour Nurse Line?

The Nurse Line can help when you:

- Are unsure if you should head to the ER or wait until morning to see your doctor
- Have questions about prescriptions, medical procedures, or treatment options
- Have questions about the cold or flu
- Want to learn about a chronic condition
- Are worried about your child's fever
- Need general information about a condition, or other health concerns

#### Calling the 24-hour Nurse Line:

To reach our free nurse line, call **1-800-574-8494** and choose option #2. SironaHealth partners with Martin's Point to provide our Nurse Line service. You can talk to a nurse anytime, 24 hours a day, 7 days a week.

Call **1-800-574-8494** when you need to speak to a caring and knowledgeable health care professional.

**Option #1: HEALTH COACH**

**Option#2: 24-HOUR NURSE LINE**



US FAMILY  
HEALTH PLAN

