

## Club Health Services

### What is Club Health?

Club Health is a program designed to help keep you the healthiest you can be.

Club Health is available to members with chronic illnesses and conditions like asthma, diabetes, or heart disease. This *free* program gives you the tools and information you need to manage your health.

If you are eligible for this program, nurses can help you and your family understand your illness and what it means to your lifestyle. They will explain the options that are available to you, and will work with you and your doctor to make sure you understand your care.

### How does the program work?

Members interested in the program can enroll by calling **1.866.537.5445**. A Nurse Health Coach may also contact you and explain the program to you.

#### Members contacted will receive:

- A health assessment performed by your Nurse Health Coach.
- Telephonic access to the 24x7 Nurse Line, that includes a Health Information Library covering many health-related topics.
- Education and information on diet, exercise and other topics that are important for your health.
- Contact with your Nurse Health Coach at regular intervals to discuss your medication and other health needs or concerns.
- The assurance that your health information will be kept confidential, and will not be improperly used or disclosed.

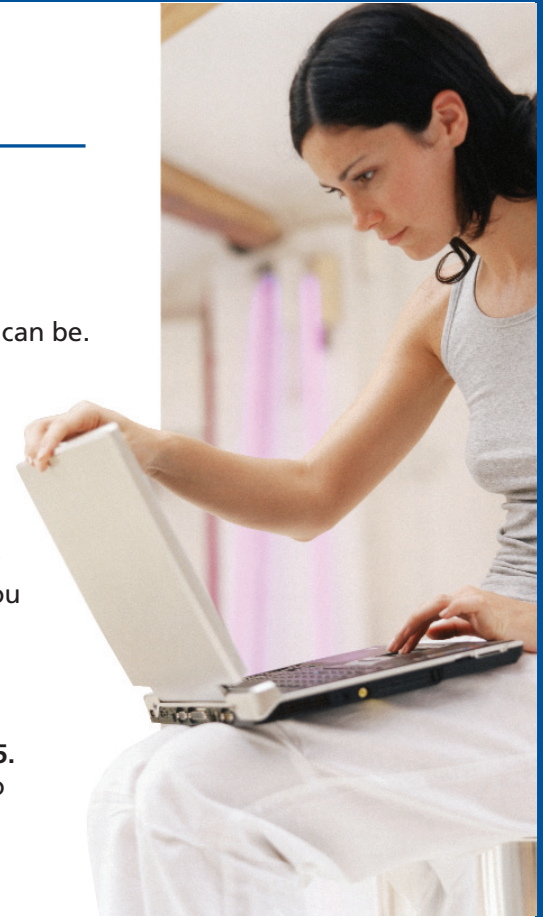
### As a Club Health member, you will have access to online tools and programs via [www.myMERITAIN.com](http://www.myMERITAIN.com):

- Health Dashboard: Customize this tab to auto-populate with health topics that interest you.
- Health Coaches, Managers and Trackers: Track your health, and take actions to improve it through customized health, diet and exercise programs.
- Diseases and Conditions: Get general information on a variety of diseases and conditions.
- Health Risk Assessment: This questionnaire will help you find out your health risks and what you can do to improve your health.
- Tools: Take health quizzes, use the health calculators, or look up a medication in the Drug Dictionary.
- Healthy Lifestyles: Find tips on fitness, nutrition and safety.

### Objectives of the Club Health program:

- To become a support system for you and your family in managing your health.
- To educate you and your family on your healthcare, home care needs, treatments, lifestyle changes, etc.
- To provide a link between you and your doctor.
- To consult with your doctor, hospital and insurance company to obtain discounts for care and services.

**Contact Club Health at 1.866.537.5445.**



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