

HEALTHY(me)[™]

YOUR HEALTH. OUR FOCUS.

We help you find your healthy.

Everyone has their own definition of what healthy is for them. That's why we offer a personalized approach that guides you to your ideal version of healthy. This holistic approach engages you throughout all aspects of health and wellness.



Meet your HEALTHY(me) team.

Wellness focuses on all aspects of health – physical, mental and financial.

- Includes: on-site biometric screenings, online educational resources, health risk assessment and personal or company-wide challenges.

Health Education & Coaching provides for a personalized experience with coaching and health education.

- Customized support and guidance in your healthcare journey
- Healthcare liaison between you and your doctor(s).
- Your health team is comprised of Registered Nurses, Certified Health Coaches, and Registered Dieticians

Case Management provides the best care plan for you during life's unexpected situations like a complex medical illness.

- Compassionate personalized care from our Registered Nurses.
- Close communication with your doctors and other healthcare providers to ensure quality care.
- Tools and resources to help you effectively manage your healthcare needs.

Manage & track your health with the HEALTHY(me) platform.

Your personal portal to help you in your wellness journey:

- Company & personal challenges
- Education & rewards engine
- Fitness device/app tracking (Fitbit, Garmin, Movable, MapMyFitness, Apple Health, etc.)
- Health Risk Assessment
- Health education tools and courses
- And more

HEALTHY(me) shout outs.

“I was very pleased to have a case manager help me through my recent hip replacement. I didn't expect this benefit, but her knowledge & compassion were extremely helpful as I went through this procedure & recovery.”

“Very helpful and beneficial, easy to enroll and take advantage of benefits.”

“My Nurse Coach helped me to stop smoking and always gives me encouragement.”

Get started today. | www.mybenefits.maestrohealth.com | healthyme@maestrohealth.com | 800.817.2259