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# Health & Life

*the Eder Way*

## The value of having a health coach

According to Harvard Health Publishing, “A health and wellness coach can help anyone excel at living their life, even – or especially – if they have chronic medical conditions. The coaching process involves two people discussing ideas and issues, and allows the patient to create their goals as well as strategies on how to arrive at these goals.” Check with your provider to see if a health coach service is available to you. For those of you in the Eder Medical Plan, health and wellness coaches can help you with:

- losing weight
- quitting smoking
- sleeping better
- reducing stress
- managing chronic conditions

The convenient and secure mobile messaging tool allows members to text a nurse, pharmacist, health coach, and more. Call 1-800-650-8442, Monday - Friday, 8:30 a.m. to 7:30 p.m. EST to get connected with a coach or visit <http://highmarkhealthcoachbcbs.com/>.

## Helping members live healthy

Getting healthcare and staying healthy can be challenging, but the Eder Medical Plan helps members navigate this. Plus, we’ve got some additional tips.

Our Concierge Service is a one-stop resource for all healthcare needs. Members should call 1-888-556-5679 when assistance is needed to find services or answer questions about coverage and benefits.

To stay healthy, we recommend getting a health and wellness coach. See this month’s article, “The value of having a health coach.”

Exercise should be done daily, even if only from a chair. We show you how.

Want a list of the documents necessary for creating your patient file? We’ve got it.

If you are not a member of the Eder Medical Plan, ask your provider if they have similar benefits.

*Debbie Butcher*  
Operations Manager,  
Health & Life Benefits



- increases bone density
- improves balance
- decreases falls
- improves energy
- lowers stress levels
- enhances sleep quality
- increases neuroplasticity
- syncs body/mind
- increases libido
- adds holistic value
- longer life span
- helps cognitive functions

Source: Tiffany Chen, Virginian Rehabilitation and Wellness, Inc.

Exercise is especially important for those who are in their retirement years, yet this is often a time when age, disability, or other physical conditions make exercise more difficult. [Here are some ways to get the exercise you need while sitting in a chair.](#)



## Time for a visit?

To be ready for most healthcare visits, from telemedicine to surgery, make sure you have the following: Insurance card(s) and the primary insurer’s information, a synopsis of your medical history including any known allergies, medication lists for both prescription and over the counter, and any medical information release you’ve received from a physician, urgent care, or hospital.

For visits that could pertain to

serious or end-of-life matters, make sure you also have: Advance care directives (Living Will), a durable power of attorney, or healthcare Power of Attorney.

Many healthcare systems have online portals that store this information for you. If your primary care physician doesn’t provide an online portal, create a file folder with these documents so you are prepared. You may not need them all, but you’ll be prepared if asked.

Talk to your organization’s benefits contact or Debbie Butcher at 847-622-3391 or [insurance@eder.org](mailto:insurance@eder.org).