



EMPOWERING, ENGAGING, EDUCATIONAL & EFFECTIVE

Health risk assessments, labs with biometrics, and online and telephone health and wellness coaching increase participants' health awareness with support to reduce risks or improve health. An individual with an identified health risk or diagnosed with a chronic health condition faces the challenge of making a lifestyle change. Once identified, the goal is to reverse the risk or slow the disease process and prevent or minimize future complications.

Hines & Associates, Inc. nurse specialists work closely to empower and engage the participant to take control of the condition. This is accomplished through education, resource coordination, referral and support. Combined with goal setting and action plans, the process is underway to help avoid chronic condition complications and costly catastrophic conditions.

Hines' Healthy Tomorrows™ Wellness, Prevention and Chronic Condition Management program utilizes a proprietary claim scrubbing and data analysis process to assist in the early identification and targeted engagement of individuals with chronic disease. Whether identification can be made by claim scrubbing, utilization review/precert services, self-referrals or health risk assessments, Hines is dedicated to seeking candidates early and maximizing your program's success.

With an overall focus on health awareness and lifestyle change, the process and its rewards are on-going and cumulative. Smoking cessation, weight loss, improved nutrition, and increased activity reduce prevalence of diabetes, heart disease, morbid obesity, cancer, and other conditions as well as lower blood pressure, cholesterol and A1C.

Prevention is key and Hines is available for support to those with chronic conditions.

**PREVENTION IS KEY AND HINES IS HERE
TO HELP AND SUPPORT THOSE WITH
CHRONIC CONDITIONS**

hinesassoc.com

800.735.1200

HINES SERVICES

Hines' Healthy Tomorrows™ Wellness, Prevention & Chronic Condition Management

