
METABOLIC SYNDROME

Program Overview

Achieve Health is a Health Plans Inc. program that provides lifestyle Health Coaching to plan members. All Health Coaches are trained healthcare professionals. To participate in the program:

1. Contact AchieveHealth Health Coaching to enroll.
2. Work with a Health Coach to create a well-rounded and comprehensive plan to address all underlying conditions such as high blood pressure, high cholesterol, or a need to lose some weight.
3. Determine the frequency that you will meet with your Health Coach. While sessions are unlimited, most participants meet with their coach once a month for an average of 9 months. All sessions are conducted over the phone.

Ways your Health Coach can help

- Establish a care plan with your Health Coach tailored to your personal health goals
- Explore new ways of incorporating small changes to your lifestyle that will help you maintain your goals over time.
- Communicate with your Health Coach outside of regularly scheduled appointments by email or your Coach's dedicated number
- Access personalized resources and educational information selected for you by your Health Coach

Eligibility

Enrolled in a BMC employee medical plan with Health Plans, Inc.

How to get started

To enroll you may call 866.234.4635 or visit <http://enroll.trestletree.com> and enter "Boston Medical Center" into the 'Company or Enrollment Code' box. If you register online, you will receive a call back from Achieve Health to schedule your first health coaching session.

Questions

If you need assistance, please call 866.234.4635

Let us know what you think!

If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at benefits@bmc.org.