

TRS Employees Group Benefits Program

SWHP WELLNESS! Plan Year 2017



1 (844) 216-4150
trs.swhp.org



Scott & White
HEALTH PLAN

For more than 30 years, Scott & White Health Plan - now part of Baylor Scott & White Health - has been committed to providing the highest caliber care for Texans. As part of that commitment, we offer you the SWHP Wellness program - a unique resource that combines individual health support with personalized lifestyle management programs and education. Best of all, this program, which includes a Nurse Advice Line, Shared Decision Making, Health Coaching, and Online Wellness programs, is available at no charge to you and was designed with convenience and confidentiality in mind. So take charge of your health, and put the SWHP Wellness program to work for you!

Nurse Advice Line

Not feeling well? The SWHP Nurse Advice Line is here for you 24 hours a day, every day of the year. Our nurses will discuss your symptoms and offer health coaching to help you take care of yourself wherever you are. They will also help you determine if you need an appointment, urgent care visit, or emergency room visit.

To talk to a nurse, call
1-877-505-7947.

Wellness Assessment

Create a personal health program by completing the wellness assessment!

The Wellness Assessment creates a complete summary of your health, and then lays out steps to improve it. We guide you to make healthier choices and lifestyle changes that will help you prevent disease. Your Wellness Assessment will provide you with personalized strategies designed by health care professionals to help you make healthy lifestyle choices.

Online Wellness Programs

Scott & White Health Plan wants to help support healthy choices by providing individual personalized plans that fit your life and needs. These plans can include any of the following lifestyle management programs:

Balance – Your mind, body and food habits are all key to managing your weight. Balance addresses all three to help you reach your goals and maximize your energy.

Nourish – Nourish can help you improve your eating habits and your overall relationship with food, one bite at a time.

Relax – Relax puts your sources and symptoms of tension under a microscope, then unveils strategies to help you deal with stress and keep calm under pressure.

Breathe – Breathe helps you quit smoking by giving you the skills to help conquer your cravings and say goodbye to cigarettes for good.

Care for Depression – Care for Depression provides individualized help in the setting and at the time of your choice.

Dream – Short on energy and focus during the day? Dream is packed with research-based strategies for conquering sleepless nights.

Care for Your Health – Be the quarterback of your health care team, not a spectator. Care for Your Health reveals tactics and secrets to help you handle any chronic health condition.

Care for Pain – Your pain is unique and so is the way you respond to it. Care for Pain helps you focus more on the things that matter most to you.

To participate in any of the lifestyle management programs, visit trs.swhp.org and log in, then click on Wellness.



Health Coaches

Through the SWHP Wellness program, you have free access to our health coaches and 24/7 phone access to one-on-one guidance and support regarding your health care questions and decisions. Coaches can help you:

- Make a healthy change in your life, such as losing weight, quitting smoking, lowering stress, or eating better
- Deal with ongoing health conditions such as diabetes, asthma, COPD, or heart disease
- Understand your prescription medications

Your health coach is there for you when you need help, and the call is free. Start a conversation today at 877-505-7947.

Health coaches are health care professionals with an average of 10-15 years of experience. They will help you be active in your care and set safe health goals. Your coach is your personal health support system and will stay with you and your family as long as you are a member, unless you wish to change or need a coach with a certain specialty.

To start talking to a health coach today, call 877-505-7947. You can also access your health coach through your secure messaging center at trs.swhp.org on the Health and Wellness Programs page.

To learn more visit trs.swhp.org .

Complex Case Management

SWHP's Complex Case Management Program will help you manage your chronic conditions or complex care needs. An SWHP nurse case manager will work with you, your family, and your physician to create a plan to meet your ongoing complex care needs. Case managers will advocate for you and assist with setting goals and making a personal plan to improve your health. They also can assist with arrangements for necessary services. Case managers answer questions and provide education to give you a better understanding of your condition and your care plan.

For more information, please request a screening at trs.swhp.org on the Disease Management page to see if Complex Case Management is the right program for your needs. The request can be found at trs.swhp.org on the Health and Wellness Programs in the Complex Care Management section.

Healthwise Knowledgebase

Knowledgebase, powered by Healthwise®, is a virtual library of health information, available in both English and Spanish, which will empower you to guide yourself to better health.

It provides information and tools that can help answer your personal health questions, like “What is my risk for a heart attack or stroke?” or “Should I give my child antibiotics?” You will also have access to a listing of recommended national websites and resources for specific health topics.

Start your Knowledgebase health education journey from the Wellness/Value Added Services page at trs.swhp.org.

HEAR Library

Some learn best by reading. For others, hearing a professional talk about a topic is far more useful. The Health Education Audio Reference (HEAR) Library offers the ability to listen to recordings on wellness, preventive care, and special conditioning. The library has more than 600 health and medicine audio topics in English and 150 in Spanish, in easy-to-navigate categories.

To use the HEAR Library, call

1-877-505-7947
and select option #2.

