

Free digital health coaching support!

PACK
HEALTH

Pack Health is a **digital health coaching service** that pairs you with a dedicated human Health Advisor to help you manage your chronic condition. Here's how it works:

WEEKLY COACHING CALLS

Your Health Advisor will answer your questions, keep you motivated, and help you set achievable weekly goals.

PERSONALIZED FOLLOW-UP

Your Health Advisor will provide tools, activities, and text message reminders to help you throughout the week.

CONCIERGE SERVICES

Your Health Advisor will connect you with free resources- from copay cards to personalized meal plans.

Whatever your health needs may be, we're here to support you on your journey.

Pack Health is the only health coaching service with diagnosis-specific programs for over 25+ chronic conditions...

- Type 2 Diabetes
- Diabetes Prevention
- High Blood Pressure
- High Cholesterol
- Congestive Heart Failure
- Asthma
- Rheumatoid Arthritis
- Multiple Sclerosis
- Psoriasis
- Crohn's and Colitis
- Cancer Symptom Management
- and more!



"Pack Health has helped me set realistic and obtainable goals... It's fun and simple and your Health Advisor actually cares."

Todd | Pack Health Member

Enroll online or give us a call:

www.packhealth.com/covid19 | (855) 255 - 2362

One-on-one support

covered by Alabama Power



Alabama Power

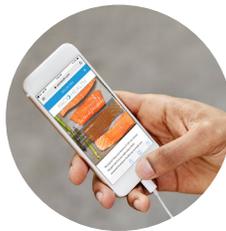
Pack Health pairs you with your own dedicated Health Advisor, who will help you regain control of your health.

How it works



Weekly Coaching Calls

To answer questions, keep you motivated, and help you set achievable weekly goals.



Personalized Resources

Such as medication discounts, meal and exercise plans, grocery delivery services, and more!



Lasting Results

On average, our members gain confidence, lose weight, and save money with Pack Health.

Interested?



Getting started is easy.

When you enroll, you'll select your program and choose the time of the week that works best for you! Your needs, your schedule.



Keep an eye on your mail.

You'll receive a Welcome Pack in the next few days - it's full of resources to help you get started achieving your goals.



Get ready for your first call.

Your Health Advisor will be reaching out from a (205) area code.

PACK HEALTH

Enroll today! Go online or give us a call.

www.packhealth.com/apco

(855) 255 - 2362