

*Free digital health coaching support!*

PACK<sup>®</sup>  
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](http://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](http://www.packhealth.com/apco)

(855) 255 - 2362