

*"Since I started working with the Care Guidance Program, I lost weight, my cholesterol is down, my blood sugar is down; everything is great."*

**Dr. N.S.**

**The Care Guidance Program** provides health and lifestyle assistance and support to Montefiore employees and their dependents who are covered by Montefiore's Empire Blue Cross Blue Shield benefit plans.\*

You do not have to see a Montefiore physician or be chronically ill to get help from the Care Guidance Program. It's entirely voluntary, completely confidential and totally free!

\*Monte Care EPO, Monte Care PPO, Monte Prime EPO and Registered Nurses (NYSNA) Health Plan.



**1-855-MMC-WELL (855.662.9355)**  
**[mmccareguidance@montefiore.org](mailto:mmccareguidance@montefiore.org)**

**[mymontebenefits.com/careguidance](http://mymontebenefits.com/careguidance)**

One-on-one support  
to better health





*Whether you are recovering from a short illness or injury, trying to manage a chronic condition or serious disease, transitioning from a hospital stay, or just looking to make better health choices, everyone can use a little help.*

**Take advantage of this valuable program today!**

**Call 1-855-MMC-WELL (1-855-662-9355) or email [mmccareguidance.org](mailto:mmccareguidance.org)**

## Your Personal Health Nurse

Every Care Guidance Program participant is assigned a Personal Health Nurse who can:

- > Work with you to develop a personalized health plan
- > Help you identify ways to maintain a healthy lifestyle
- > Provide health information and education resources
- > Arrange a nutritional consult with a registered dietician/nutritionist
- > Have a pharmacist review your medications
- > Help you choose providers and schedule appointments
- > Connect you to legal, financial and counseling services available from Montefiore's Employee Assistance Program (EAP)

The Care Guidance Program is ready to help you be as healthy as you can be! Contact us if you are covered by Montefiore's Empire Blue Cross Blue Shield benefit plan and:

- > Have questions about your health, your medications or your healthcare
- > Are interested in working with a nurse who can help you make lifestyle changes that will improve your health
- > Would like help getting the right healthcare services
- > Have been to the emergency room recently or admitted to a hospital
- > Want help dealing with a significant change in your health or your life

Family members on your health plan are also welcome to use the Care Guidance Program.