nurtur®
care to be *different*

member story

Name: John & Monica Scanlon

Age: 64 & 60

Occupation: John is a retired IBEW-110 member

Program: John is enrolled in CAD Disease Management and Lifestyle Management; Monica is enrolled in Asthma Disease Management and Lifestyle Management

John and Monica were identified as being eligible to participate in disease management programs. They first learned about the program after receiving a letter in the mail. John later attended a union meeting where he learned more about the program. His union rep explained what it was about and emphasized that "you get out of the program what you put into it."

When John and Monica learned about the incentive program, they decided to enroll. Monica signed up first, and John followed soon after.

They were both matched to work with Sara as their Lifestyle Management Health Coach. From their first assessment calls, John and Monica were very comfortable with Sara. "She was extremely helpful and informative," said John. Monica recalls that after the first call Sara followed up by sending them information and resistance bands for John.

During one of John's calls with Sara, he mentioned an interest in participating in the Silver Sneaker program at his local fitness center. Much to his surprise, Sara was very familiar with the program and encouraged him to sign up. "Sara was very knowledgeable. It really helped me to have her to talk with about what to expect."

Since working with Sara, both John and Monica have seen overall improvements in their health. "I am exercising a lot more now," John is proud to say. "Before talking to Sara, I was just walking. Now I'm using the exercise bands she gave me, working out with weights and following the exercise routines that Sara sends me. I've never done anything like this before. Sara has taught me the importance of cardio as well as strength training. She also has taught me a lot about how to challenge myself in new ways."

Monica has noticed improvements as well. "Sara has been extremely helpful. Due to certain health constraints, I'm limited with the amount and type of exercise I can do. With Sara's guidance, I've been able to find alternatives that work for me. She gave me ideas on how to use the Wii Fit that John recently bought me to improve my balance and flexibility."

"Now that we have seen the benefits of the Nurtur program, we would participate regardless of whether or not an incentive was given."

John & Monica Scanlon

Take flight with Nurtur.
Call us today at 800 293 0056 or email marketing@nurturhealth.com for more information.

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