

Health Management Resources

Your health and well-being are important to us. That's why we offer a collection of Health Management Programs to better assist you in dealing with certain ailments. If you're enrolled in a Banner Health medical plan, these are provided at no cost to you.

Many of our Health Management Programs are part of our MyWell-Being Program points system and can be accessed through Virgin Pulse. Check out how you can earn points for taking care of your health.

Hello Heart

Hello Heart empowers you to understand and improve your cardiovascular health, including managing and preventing high blood pressure, high cholesterol and heart disease. It includes tracking tools, personalized insight and recommendations, a dedicated support team and more.

Learn more and enroll at join.helloheart.com/Banner. Or contact Hello Heart at **800-767-3471** or support@helloheart.com for more information.

Hinge Health

Hinge Health is a digital exercise therapy program for back, knee, hip, neck and shoulder pain and women's pelvic health. It features wearable motion sensors to guide you through the program, a library of educational resources and a personalized health coach who will be there to support you every step of the way.

Visit hingehealth.com to learn more. For questions, call **855-902-2777** or email hello@hingehealth.com.

ASK ALEX

ENROLL NOW

To learn more about Banner's Health Management Programs, click here:

HEALTH MANAGEMENT

See what team members are saying about our Health Management Programs:

TESTIMONIALS

Virta

Virta can help you put your diagnosed Type 2 diabetes or prediabetes into remission, reduce the need for medication and give you back your life. It includes medical supervision, a dedicated health coach, biomarker tracking tools and supplies and a personalized treatment plan to help transform your health. Plus, it's 100% online, so you can get the support you need from the privacy of your own home.

To get started, visit virtahealth.com or email support@virtahealth.com.

ASK ALEX

ENROLL NOW

AbleTo

Banner and Aetna have teamed up with AbleTo, a personalized, leading behavioral health care provider, to provide real support that fits your schedule. AbleTo provides virtual therapy and coaching to help you reduce feelings of stress, anxiety and depression. It also helps you build positive self-care routines to cope with everyday challenges. Take advantage of confidential, 24/7 access to the tools you need and engage with qualified and supportive therapists and coaches.

Sign up today at no cost to you. Email help@ableto.com, call **866-287-1802** or visit ableto.com.

