

Beech Street, in association with Educators Mutual's Total Disease Management program offers **Managing for Tomorrow**®. This unique health improvement program is available to all eligible members at no additional cost. **Managing for Tomorrow** offers personalized health information and tools that are tailored to your situation. You can learn about living a healthy lifestyle, managing your health, and working as a team with your doctor to stay healthy.

The **Managing for Tomorrow** program is based on three ideas:

1 Changing behaviors now can improve your health and reduce future risks.

2 Setting goals can help improve your health.

3 Working with your doctor will help you set and meet your healthcare goals.



Plan Today

for a healthier tomorrow



Good health can last a lifetime. That's why Educators Mutual, in partnership with Beech Street, is excited to offer the **Managing for Tomorrow** program at no additional cost to eligible members!

Getting Started is Easy

Taking good care of yourself is essential for your health and well being. To help you on the path to better health, we are excited to offer **Managing for Tomorrow** — a unique health improvement program for members with asthma, COPD, diabetes, high blood pressure, high cholesterol and heart disease.

If you're eligible for **Managing for Tomorrow**, you will receive a letter in the mail or a phone call inviting you to take a simple, confidential health survey. Your survey answers will help Beech Street provide healthcare information that's tailored just for you! You may also receive additional health-related materials, such as personalized health guides, educational videos, home testing kits, or other valuable tools.

Your Privacy is Protected

Managing for Tomorrow is offered by Beech Street through Educators Mutual. In compliance with federal law, your information is kept strictly confidential. Your employer *does not* receive your personal information from any surveys you take. Enrolling will not affect your health benefits or your ability to get future health benefits for covered services.

No Cost to You

There are no additional charges or hidden fees. Participation in **Managing for Tomorrow** will not increase your premiums or co-pays.

Start Today!

Joining **Managing for Tomorrow** is completely voluntary, but we hope that you'll take full advantage of this worthwhile and beneficial health program.

Eligible members should look for their invitation letter to arrive in the mail soon. It will include more details about the program.

Until then, take good care of yourself!

