



## *Take a Step in a New Direction*

Dear <Member>,

Managing your health can be hard. But you don't have to do it alone. It is often easier with a partner. Our new health partner is the **Synergy Personal Health Management®** program. We had your health in mind when we joined with Synergy. How can working with Synergy help you take a step in a new direction?

**This program will help you feel better. Your health will improve.**

The program will help you take steps to:

- begin setting goals,
- learn how to reduce stress and worry,
- know what to do to feel better and
- learn how to manage your health.

Your Personal Care Coach will help you take these steps. You might have questions about your health. Ask your Coach. Your Personal Care Coach is a licensed medical professional.

We have enclosed a tool to help you take the first step. It is your "Passport to Better Health." Take a few minutes to look through it. Write your doctor's phone number in the book. It is also a good idea to list the names of your medicines. Keep the book in a handy location. You will use it with your Personal Care Coach and your doctor.

**Better health is waiting for you!**

Sincerely,

Margaret Rowland  
Chief Medical Officer,  
CareOregon



**CareOregon**