



Your Personal Health Support

Whether you're trying to make healthier choices or follow your treatment plan, living with a health condition can be a lot to handle. Personal Health Support is here to help. Connect with a registered nurse by phone or from an online dashboard and get the information you may need to manage a condition, including:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Heart failure
- Diabetes
- Coronary artery disease (CAD)
- And more



Get started at myuhc.phs.com



Personal Health Support
Number on ID card.



“We’ll help you take positive steps along your personal health journey.”

– Daniel, RN, CCM, Personal Health Support Nurse

The best part?

It’s all offered at no additional cost, as part of your health benefits.



Ask an experienced nurse questions and get answers through private messaging.



Build a plan to manage your condition with a nurse to help reach your health goals.



Connect your health devices to track your progress, and share your numbers with a nurse.

Please note, these digital services are only available to members who qualify.

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