healthy steps program

baby love
QUALITY CARE DURING PREGNANCY—THE BEST BIRTHDAY GIFT OF ALL
The more you know about pregnancy, the healthier your baby will be. That's why Lovelace Health Plan offers a no-cost pregnancy program for our members. Our Baby Love program is here to help you to have a healthy pregnancy and the best possible start in life for your baby. You will receive pregnancy and childbirth information by mail and have access to nurses by phone to answer your questions 24/7 during your pregnancy by calling 505.727.BABY (2229) or 877.708.5777.

healthy steps coaching
RESEARCH IS CLEAR, THE MORE YOU LEARN ABOUT YOUR HEALTH, THE BETTER DECISIONS YOU MAKE.
Our personal Healthy Steps Coaches can help you when you are confronted with decisions about treatment options for certain conditions such as breast and prostate conditions, back, knee and hip pain, heart disease, and many more. They will also provide disease management coaching services for you if you have a chronic condition like diabetes, asthma, heart disease or lung disease. Call a Healthy Steps Health Coach today at 800.390.9159.

healthy trails
HELP YOUR KIDS GROW UP STRONG AND HEALTHY
Healthy Trails is a health education and exam program designed to help parents track the growth and development of their children from birth all the way through their 18th birthday. During Healthy Trails visits, the doctor will make sure your child gets the care he or she needs including:
- Hearing tests
- Eye exams
- Physical examinations
- Vaccines and immunizations
As soon as your children are enrolled in Lovelace Health Plan, they’re enrolled in Healthy Trails.

choosehealthy®
EXPERIENCE THE REWARDS OF HEALTHY LIVING
Choose Healthy® provides Lovelace Health Plan members with access to discounted services and health products, as well as no cost education materials. Choose Healthy® is separate from your regular health plan benefits and therefore no claim forms or copayments apply. Just show your Lovelace Health Plan ID card and receive savings at the time of service. Simply visit lovelacehealthplan.com to find out more about our discounts.

healthy steps personal health assessment
READY TO TAKE THE FIRST STEP TOWARDS A HEALTHIER LIFE?
The Healthy Steps Personal Health Assessment (PHA) can help you make the changes you are ready for. Take the PHA today to learn what you can do to have the biggest impact on your health. You can find this program at lovelacehealthplan.com.

healthy weight
HELP TO ACHIEVE AND MAINTAIN A HEALTHY WEIGHT
Healthy Weight is a 10-week individual telephone counseling program that focuses on lifestyle change. The program centers on adopting healthy eating habits and regular physical activity. It is designed to help you develop the knowledge and skills needed to achieve and maintain a healthy weight. You will also receive a packet of tips and tools to assist you in your efforts.

s.t.o.p.
STOP TOBACCO FOR OPTIMAL PREVENTION
The Stop Tobacco for Optimal Prevention Program (S.T.O.P.) consists of individual telephone counseling sessions. A registered nurse helps you set up a personalized quit plan and supports you every step of the way. You will also receive a packet of tips and tools to help you achieve a tobacco-free life!

online educational tools
TOOLS TO SUPPORT OUR MEMBERS AND PROMOTE OVERALL WELLNESS
Log on to the Your Health Center web site at lovelacehealthplan.com to access the Healthwise® Knowledgebase and Health Crossroads®—important resources that provide information on health conditions, medical tests, procedures, and everyday health and wellness issues based on the most reliable, up-to-date medical research.

case management
FOR MEMBERS WITH COMPLEX HEALTHCARE NEEDS
Lovelace Health Plan provides Case Management services to members with multiple or complex health care needs. Case Managers coordinate care between physical health and behavioral health, as well as assist members with community services, social services or medical equipment needs in the home. To refer yourself or anyone else, call 505.727.5168 or 800.808.7363 ext. 75168.

nurse advice & health information line
TALK TO A REGISTERED NURSE ABOUT YOUR HEALTH ISSUES OR CONCERNS
This line offers our members telephone access to registered nurses 24 hours a day, seven days a week to answer questions and provide guidance on health and illness topics. The nurse line can help you with decisions regarding self-care at home or when it is best to go to the doctor or hospital. They can also answer questions about many common health topics. Just call 877.725.2552 to speak with a nurse.

healthy literacy
BETTER UNDERSTANDING OF HEALTH INFORMATION
Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Our health literacy materials are designed to assist members of all literacy levels better understand and therefore appropriately act on the information received from health care providers.

behavioral health outreach and education
COMMUNITY EDUCATION PROGRAMS
Lovelace Health Plan offers a variety of community educational programs on a variety of behavioral health-related topics including depression, Attention Deficit/ Hyperactivity Disorder (ADHD), and alcohol and drug abuse. These behavioral health services are available through your Plan (depending on your benefits). For more information on our behavioral health programs please call 505.727.5265 or our statewide toll-free number at 888.684.0461 and ask for extension 75265.

In addition to the above services available to all our members, the HEALTHY Steps program will partner with Employer Groups on worksite initiatives to educate and encourage employee and family participation in healthy activities and lifestyle choices.