



Know the Facts: Get access to free health information

The **Healthy Together!** health management program, gives you free access to the **Healthwise® Knowledgebase**, a website that has information about health conditions and wellness and prevention tips to help you improve your health.

The **Healthwise® Knowledgebase** has information on health conditions such as:

- Asthma
- Diabetes
- Earaches
- Cancer
- High Cholesterol
- Headaches
- Heart Conditions
- Back Pain

You can also learn about:

- **Tests** that your healthcare provider recommends.
- **How to determine if you need** to see your doctor or go to the emergency room.
- **Tips** on how to keep yourself and your family healthy.
- **Practicing a healthy lifestyle**, including healthy eating and quitting smoking.

**All Wyoming EqualityCare clients have access to the
Healthwise Knowledgebase**

Go to:

http://WYHealthyTogether.com/Wyoming_HealthTips.htm

and click on the “**Knowledgebase**” button.

You also have access to a **Healthy Together!** nurse 24-hours a day if you have questions about any health conditions. Call toll-free **1-888-545-1710** to ask your nurse Health Coach if they will recommend topics that will help you better understand your condition and how to keep your family healthy.

Remember to call 1-888-545-1710 for 24-hour access to a nurse

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.

