

Virtual Care



Easy access to the health and wellbeing services you need—all at no cost to you. Get started at mysentryhealth.com. Contact us at **877.293.9355** or by emailing concierge@sentryhealth.com.



Best-in-Class Providers

- + Access to care professionals including Registered Dietitians, Certified Diabetes Educators, and Personal Trainers.



Prevent or Manage Diabetes

- + Learn skills to take control of your life and live well with diabetes or lifestyle habits for prevention.



Healthy Blood Pressure

- + Guidance and lifestyle tips to improve blood pressure and keep your heart healthy for life.



Healthy Heart

- + Guidance and personalized plans to help you lower cholesterol and prevent heart disease.



Healthy Weight

- + Guidance and motivation to make healthy lifestyle changes to achieve long-term weight loss and improve overall health.



Live Tobacco Free

- + Quit your habit with support from Tobacco Treatment Specialists and proven resources that help the commitment last.



Healthy Living Services

- + Customized healthy living plans, including attention to stress management, sleep habits, and overall healthy lifestyle habits.



Healthy Mom, Healthy Baby

- + From conception to delivery and beyond, our specialists will give you extra support for a healthy mom, baby, and family.



Mental Health

- + Professional support to help with stress, anxiety, grief, depression, and more, when you need it most.

Download the **MySentryHealth app** on the Apple Store or on Google Play.



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