

Healthy living program for members with kidney disease

Your health plan includes a healthy living program for members with kidney disease or other conditions (which may include diabetes or high blood pressure) that could lead to kidney disease. This program is provided through a company called Somatus and is available to eligible members at no extra cost.

Through the Somatus Healthy Living Program, members have a personal health team to help with all of their health needs. The Somatus team includes a dietitian, nurse, pharmacist, social worker, patient health advocate, and more.

Here are a few ways the Somatus team can help:

- Visit you in your home or by phone for health check-ins
- Plan meals based on your personal health and goals
- Set up doctors' appointments
- Talk to your doctor(s) about your health
- Help you understand your medicines and how they work
- Find local services to help you with food, bills, rides, and other support
- 24/7 Somatus Care Line at (855) 851-8354, ext. 9

Find out if you are eligible for the
Somatus Healthy Living Program!

Contact Somatus today.



(855) 851-2252 (TTY: 711)

care@somatus.com

Mondays - Fridays, 8:00 a.m. to 11:00 p.m. (ET)

somatus.com/healthy-living



The Somatus Healthy Living Program is optional, and you can opt-out at any time.