

REACH TO WELLNESS

PHIP Personal Health Improvement Program for EmblemHealth, GHI and HIP Members

PHIPSM can give you the tools to live a healthier lifestyle.

- Research shows that physical symptoms such as headache, chronic pain, and even heart disease can be related to everyday stress and moods.
- Some people aren't feeling as well as they would like, even though they follow their doctor's instructions.
- If you've been experiencing recurring symptoms, ongoing stress, pain or discomfort and think it's about time you feel better, the Personal Health Improvement Program (PHIP)SM may be the answer for you.



EmblemHealth[™]

Group Health Incorporated (GHI), HIP Health Plan of New York (HIP), HIP Insurance Company of New York and EmblemHealth Services Company, LLC are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

HOME STUDY WITH TELEPHONIC SUPPORT

- Move at your own pace.
- Receive help over the phone in weekly classes.
- Share personal things freely.
- Ask questions with fewer distractions.
- Have the time to reflect and absorb what you are learning about yourself.
- Follow through and reach your goals without obstacles.
- Learn without the issue of childcare.
- Learn without being limited by your lifestyle and physical ability.

HOME STUDY WITH IN-PERSON SUPPORT

- Face-to-face interactions.
- Classroom atmosphere.
- Group interaction.
- Social atmosphere.

How can PHIP help?

- PHIP will show you that the way you respond to situations in your everyday life may be affecting your health.
- PHIP will provide you with ways to deal with life situations that reduce your stress and symptoms.
- These valuable new skills have helped thousands of people who have completed PHIP make positive changes in their lives.

How does the PHIP course work?

- PHIP meets 2 hours each week for 6 weeks.
- PHIP can be taken in a classroom, by phone or other media.
- PHIP is not group therapy.
- PHIP's class leaders are professionals who understand how moods and behavior can affect your body and health (the "mind-body" connection).
- PHIP's class leaders conduct interactive lectures, discussions, and small-group exercises designed to help you learn to respond to everyday situations more effectively.
- PHIP works best if you attend classes regularly and on time, and participate by asking questions and completing home reading and learning assignments.





COMMON TO BOTH COURSES

- Six Weekly Classes, one day a week.
- One-to-One connection with other people dealing with similar issues.
- Interactive lectures, discussions and small group exercises.
- Daily awareness exercises that help develop skills for self observation.
- Daily journal of one's moods and experiences that relate to participation in PHIP.
- Reading and home learning.
- Study partner exercises to provide a different set of eyes and ears on the issues that the participant is struggling with.
- Satisfaction is built through a system that increases the participants' awareness of times in which the body is 'triggered'.
- Participants recognize the behaviors that they fall into when the body is 'triggered' in response to recurring events beyond their control.
- Attention is directed to building a new orientation toward 'trigger' events that permits positive change.
- Guidance given through a facilitator.

What do participants say about PHIP?

"I'm beginning to see how my physical symptoms and moods are related to certain events in my life...I'm learning that I have a choice about what to do."

"I can shift my mood when I wake up at night to more easily get back to sleep."

"I am more aware of the way my body responds to situations. I am able to focus myself on the present rather than the past or future."

"I am calmer and don't take everything as a personal criticism. I had a problem feeling that whatever anyone said to me was the truth or the only way of seeing something. Now I realize it is only their opinion, an assessment, not a fact."

Is PHIP for you?

1. Has anything happened to you lately that has been difficult to cope with (for example, job change, relocation, legal or financial issues, etc.)?
2. Are you dissatisfied lately with your work, home life, or achievements?
3. Are you under a lot of pressure at work or at home?
4. Do your symptoms restrict you in your everyday activities?
5. Have there been any major changes in your health?
6. Do you have symptoms that aren't going away, even when you follow the doctor's instructions?
7. Do you have any of the following:
 - Low energy
 - Stomach problems or diarrhea
 - Headaches
 - Depressed or anxious feelings
 - Dizziness
 - Numbness
 - Chronic pain (backaches, TMJ, etc.)
 - Breathing difficulties



How to enroll in PHIP?

PHIP is offered to EmblemHealth, GHI, GHI HMO, and HIP members by Merteck Health Care Consulting.

To enroll in PHIP or to obtain further information about the program, please call: **1-888-794-7447, extension 120.**

Visit the PHIP Web site at **www.mertech.org/PHIP/Consumer**