

# What to Expect

## General Program Overview

Each of Pack Health's programs focus on condition-specific goals and education. When members enroll in Pack Health, they are matched with one of Pack Health's in-house Health Advisors who will guide them through condition-specific modules over 12 weeks. Members engage with Pack Health through a weekly phone call, two-way texts, and emails. General course content includes:

### weeks 1-4

1. Getting Started
2. Setting Goals
3. Handling Your Health
4. Managing Medications

### weeks 5-8

5. Eating Healthy
6. Exercising
7. Midpoint Review
8. Getting the Right Care

### weeks 9-12

9. Improving Stress and Social Environment
10. Budgeting for Health
11. Milestone Review
12. Continuing the Journey