



Cholesterol Awareness

Having high cholesterol raises your risk of heart attack and stroke. A heart-healthy life can help lower cholesterol and blood pressure and it includes being active, eating well, not smoking, and staying at a healthy weight.

Good health takes heart!

Conifer Health Solutions and its Personal Health Nurses (PHNs) can help you to identify changes you can make. To get started, call Rachel at 410-972-2061 .



Feeling Depressed?

October 10th is National Mental Health Day and one-third of all adults report feelings of depression at some point in their lives. If you notice a change in diet, sleep habits or continued feelings of hopelessness in yourself or someone in your family, break the stigma and seek your provider's help.

Need a partner with your health goals?

Your Personal Health Nurse (PHN) with Conifer Health Solutions can help. Together, you can take charge of your overall health, physically and mentally. Call your PHN, Rachel, at 410-972-2061 .



Take Control Of Your Blood Sugar!

Did you know that increased thirst, unexplained weight changes and the need to urinate more often can be signs that your blood sugar is high? If you notice any of these changes, talk to your provider to rule out blood sugar concerns.

Better health can be so sweet!

Conifer Health Solutions Personal Health Management (PHM) program is available to help you learn ways to manage your health. To get started, call Rachel at 410-972-2061 .



February is American Heart Month!

There are so many things that you can do to live a heart-healthy life. These include exercising at least 2.5 hours a week, consuming a heart healthy diet, reducing stress in your life and sleeping 7-8 hours at night.

Take care of your heart together!

Your Personal Health Nurse (PHN) with Conifer Health Solutions' Personal Health Management program can work with you and your family to find ways to stay heart healthy all year round. To get started, call your PHN, Rachel, at 410-972-2061 .



Flu Season Is Upon Us.

Your annual flu shot is now available. Ask your primary care provider or local pharmacy for availability.

Want to take charge of your health?

Live a healthier life with the Conifer Health Solutions Personal Health Management (PHM) program. Your Personal Health Nurse (PHN) is dedicated to helping you and your family manage their health needs. To get started, call your PHN, Rachel, at 410-972-2061 .



Got Heartburn?

Eating too much or bending forward after eating sometimes causes heartburn and a sour taste in the mouth. When this happens often, you may have gastroesophageal reflux disease (GERD). You can talk to your provider about diet changes and medication that can help control the symptoms.

Good health can be easy to swallow!

Conifer Health Solutions and its Personal Health Nurses (PHN) can work with you and your family to simplify your health needs. To get started, call your PHN, Rachel, at 410-972-2061 .



Fueling Your Body Right!

Healthy eating starts with adding more fruits, vegetables, and whole grains to your diet. It also means cutting back on foods that have a lot of fat, salt and sugar.

Listening to your body, eating in moderation and varying your food choices can help you to get the nutrients your body needs.

Need more motivation?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are available to help you to set simple and manageable goals. To get started, call Rachel at 410-972-2061 .



Happy Holidays!

Celebrations this year may look a little different because of COVID-19. Remember to stay home if you are not feeling well, wash your hands often, and practice social distancing to prevent getting your loved ones sick.

Managing your health can be pain free!

Conifer Health Solutions and its Personal Health Nurses (PHN) are the perfect option for you and your family's health needs. They will partner with you to help you to work toward better health. To get started, call your PHN, Rachel, at 410-972-2061 .



Living With Pain?

Pain that lasts for 3 months or longer is called chronic and can be a sign that something else is going on within your body. Exercising and sleeping enough may help reduce chronic pain. If you are living with chronic pain, talk to your provider to discuss treatment options and possible causes.

Want to be healthier in the New Year?

Conifer Health Solutions and your Personal Health Nurse (PHN) are dedicated to helping you and your family to live their healthiest life. To get started, call your PHN, Rachel, at 410-972-2061 .



Be Proactive, Not Reactive

Wellness visits are your time to talk and plan with your doctors and are an important way to prevent health problems and disabilities. You and your doctor can discuss your health history, health risks and daily habits. This is also a good time to bring up any needs and questions you might have.

Promote wellness together!

Conifer Health Solutions and its Personal Health Nurses (PHNs) are available to help you to know your preventative plan. To get help, call Rachel at 410-972-2061 .



Don't Let Allergies Keep You Indoors.

Sneezing, congestion and a runny nose are common symptoms of seasonal allergies. You can reduce your symptoms by avoiding the outdoors when pollen counts are high and keeping your lawn mowed. If symptoms persist, talk to your provider or pharmacist about medications that can help.

Want to learn more ways to stay healthy?

Call your Personal Health Nurse (PHN) with Conifer Health Solutions and take charge of your overall health. Your PHN can help you to learn ways to stay as healthy as possible. Your PHN, Rachel, can be reached at 410-972-2061 .



Staying Active

Fitness means being able to perform physical activity. It also means having the energy and strength to feel as good as possible. Getting more fit, even a little bit, can improve your health. A brisk half-hour walk every day can help you reach a good level of fitness.

Want to be more active?

Conifer Health Solutions and its Personal Health Nurses (PHNs) can help you with those first steps. To get started, call Rachel at 410-972-2061 .



Stress Awareness

Recognizing and managing daily stressors is an important aspect of your health plan. Try to include a few stress relievers every day – choose healthy meals and snacks, take a walk outside or engage in exercise, try a few breathing exercises or yoga, and be sure to get a good night's sleep.

Good health can be stress free?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are the perfect option for you and your family's health needs. To get started, call Rachel at 410-972-2061 .



Think FAST!

FAST is a simple way to remember the main symptoms of stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

F – Face drooping.

A – Arm weakness.

S – Speech difficulty.

T – Time to call 911.

Want to protect your health more?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are the quickest ways to help improve yours and your family's health needs. To get started, call Rachel at 410-972-2061 .



Avoiding Too Much Sun Can Save Your Life.

The best ways to prevent skin cancer are to avoid the sun from 10 a.m. to 4 p.m., wear sunscreen daily with an SPF of 30 or more, shade your skin with a hat and protective clothing, and to talk with your provider about marks or spots on your skin that concern you.

Want to protect your health more?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are a great option for you and your family's health needs. To get started, call your PHN, Rachel, at 410-972-2061 .



October is Breast Cancer Awareness Month.

Early detection is the most important way to treat breast cancer. Women should perform monthly self-exams, talk to their providers about breast changes and be sure to adhere to properly scheduling mammograms. Breast cancer can be diagnosed in men too.

Want to protect your health more?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are the perfect option for you and your family's health needs. To get started, call Rachel, at 410-972-2061 .



Keep Your Blood Pressure In Check!

Monitoring your blood pressure at home is an important way to manage your heart health. It can also help your provider find a proper treatment plan just for you.

Want to take charge of your heart?

A good start is to engage in Conifer Health Solutions' Personal Health Management (PHM) program. Your Personal Health Nurse (PHN) is dedicated to helping you and your family manage their health needs. To get started, call your PHN, Rachel, at 410-972-2061 .



Back Pain Relief

Depending on the cause, back pain can cause a range of symptoms. It may be dull or sharp, in one small area or over a broad area, and you may have muscle spasms. Low back pain can also cause leg symptoms, such as pain, numbness, or tingling, often extending below the knee.

Want to take control of your back pain?

A good start is by calling your Personal Health Nurse (PHN) with Conifer Health Solutions. Your PHN can help with back health and get you the help you need. To get started, call your PHN, Rachel, at 410-972-2061 .



Colorectal Cancer Awareness

March is National Colorectal Cancer Awareness Month and screenings are recommended to start at the age of 45. They are the best way to find colorectal cancer early when treatments are more effective.

Want to know which screening test is right for you?

A good start is to engage in Conifer Health Solutions' Personal Health Management (PHM) program. Your Personal Health Nurse (PHN) is dedicated to helping you and they can help coordinate all of your preventive screenings. To get started, call your PHN, Rachel, at 410-972-2061 .



Trouble Sleeping?

Most people have sleep problems from time to time, but when you have trouble sleeping for weeks or months, it can lead to health problems. Changing one or more of your habits may improve how well you sleep.

Take a rest!

Your Personal Health Nurse (PHN) with Conifer Health Solutions can help you to identify changes you can make to help with improve sleep patterns. To get started, call your PHN, Rachel, at 410-972-2061 .



A Healthy Weight!

Weight loss can be simplified if you are willing to improve your eating habits and get moving. You may also be surprised to know that the number on the scale is not always the main goal of weight loss.

Want to live a healthier life?

A good start is to engage in Conifer Health Solutions' Personal Health Management (PHM) program. Your Personal Health Nurse (PHN) is dedicated to helping you and your family manage their health needs, which may include a healthier weight. To get started, call your PHN, Rachel, at 410-972-2061 .