

Health Management

A little help makes a big difference

If you're managing an ongoing health condition, AmeriBen is here to help. Our registered nurse health coaches support and guide you, empowering you to take proactive steps in managing conditions such as asthma, COPD, diabetes, and hypertension.

Coordinated care tailored for you

Your health coach serves as your advocate to:

- Provide personalized plans to manage your condition.
- Facilitate communication between you, your coach, and your doctor.
- Offer customized guidance to help reduce complications

Our coaches are ready to answer questions about your condition, medications, or health plan. You might receive a call from us to see if we can assist further. This program is included in your IMA Company benefits at no extra cost to you.



Contact an AmeriBen Registered Nurse Health Coach:

- Call: 888-235-3813
- Visit: engage.ameriben.com
- Email: healthmanagement@ameriben.com



IMA Financial Group