

# FREQUENTLY ASKED QUESTIONS

## Who is SentryHealth?

SentryHealth is a health and wellness company focused on preventative care, chronic condition management, and wellness coaching. We offer one-on-one appointments to M&M Cartage health plan members looking to improve their current health situation.

## Why is M&M Cartage using SentryHealth?

M&M Cartage is committed to the health and wellness of their employees. Partnering with a third-party wellness provider has a positive impact on employee health and productivity while also reducing health care expenses. M&M Cartage is dedicated to helping their employees become more aware of their current health situation. The goal of working with SentryHealth is to improve the health and quality of life of each individual employee.

## What is the benefit?

M&M Cartage health plan members will receive education, coaching, clinical assessments, as well as personalized wellness goals and care plans. Through the SentryHealth program, we hope to empower participants to better manage their health and encourage a healthier lifestyle both at work and home.

## Will my employer know my personal medical history?

Absolutely not! SentryHealth is a third-party wellness provider and will not share individual information with your employer. SentryHealth follows strict confidentiality standards, meeting all federal, state and HIPAA requirements.

## Do I have to change my Doctor?

SentryHealth does not replace your primary care doctor or any specialist you currently see. SentryHealth's clinics are to be used as an additional health resource. SentryHealth has the ability to share records with other physicians upon your request and consent.

## How much will this cost me?

M&M Cartage provides Diabetic and High Blood Pressure appointments at a \$0 out of pocket cost to you! In addition, any related program medications will be covered at a \$0 copay - NO COST to you!

## Where will I meet SentryHealth?

SentryHealth offers appointments onsite at M&M Cartage's Geil Ave location. SentryHealth also offers appointments over the phone if you are unable to meet us in person.

## Meet Amanda Jones



Amanda Jones is a board-certified Family Nurse Practitioner. Amanda received her Master's in Nursing as a Family Nurse Practitioner from the University of Louisville in 2011. Amanda has experience in neuroscience, nursing education, primary care, acute care, and aesthetics. Her passion is in preventative medicine and health

and wellness education. Amanda is married with two rambunctious fur babies, Hank and Stella. When Amanda is not working, she enjoys reading, camping, hiking, boating, and traveling.

## Contact SentryHealth

<https://healthward.sentryhealth.com/info/mmcartage>

502.569.1044



**SentryHealth**

*Solutions. Action. Results.*



# SentryHealth

*Solutions. Action. Results.*

## DIABETES & HIGH BLOOD PRESSURE PROGRAMS



**TAKE CONTROL OF YOUR  
HEALTH TODAY**

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**ONE-ON-ONE CONFIDENTIAL  
APPOINTMENTS**

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**FREE TO ELIGIBLE MEMBERS**

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**ONSITE APPOINTMENTS**

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**PERSONALIZED CARE & GOAL  
SETTING**

M&M Cartage has partnered with SentryHealth to offer **Diabetes** and **High Blood Pressure** Management Programs at **NO CHARGE** to M&M Health Plan Members.

*Appointments are offered onsite M&M's Geil Ave location on the 1st Wednesday of the month from 9:00am - 5:00pm and 3rd Wednesday of the month 12:00pm - 8:00pm*

**BONUS!** Participating M&M Cartage members will receive **NO COST PRESCRIPTIONS** for medications related to their chronic care needs.

Schedule by calling 502-569-1044 or online at <https://healthward.sentryhealth.com/info/mmcartage>