



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 Patricia Mullen at 1-800-459-2110 X 2247 or 410-919-4428.