

Western Sky Community Care Partners with TruFit to Provide Health and Fitness Programs Tailored to Members with Disabilities - Mar. 30, 2023

ALBUQUERQUE, N.M., March 30, 2023 [PRNewswire/](#) -- [Western Sky Community Care](#) announced today it is partnering with TruFit, an innovative mobile application, to help many Western Sky Community Care members with disabilities improve overall health and wellbeing.

TruFit offers a variety of exercise and health programs specifically designed to support people with intellectual, developmental, and physical disabilities. The program will be available to Western Sky Community Care members at no charge.

"At Western Sky Community Care, we are committed to helping our members live better, healthier lives," said Dr. Susan Lewis, Western Sky Community Care Chief Medical Director. "Through this partnership, we aim to help Western Sky members improve their physical, behavioral and social health – all of which contribute to overall health and wellbeing."

"We are excited to offer our unique services to Western Sky Community Care members," said Adam White, TruFit Founder and CEO. "We believe fitness should be accessible and readily available to everyone, so we created an app to do just that."

The TruFit program includes a variety of tools and features including:

- More than 175 functional exercises
- Livestream and on-demand workouts
- Customizable adjustment settings
- Ever-expanding workout library
- Pre-designed fitness plans with adjustable workouts based on individual capabilities
- Progress tracking with coaches' feedback and encouragement
- Inclusive training tips, setup designs and creative ideas
- Ability to save favorite workouts and share with friends
- Team building with public and private groups
- Rewards, badges, and other incentive programs

To learn more about the TruFit app and how Western Sky Community Care members can take advantage of this benefit, visit www.westernskycommunitycare.com.

About Western Sky Community Care

Established to deliver quality healthcare in the state of New Mexico through local, regional, and community-based resources, Western Sky Community Care is a Managed Care Organization and subsidiary of Centene Corporation. Western Sky Community Care exists to improve the health of its beneficiaries through focused, compassionate, and coordinated care. Our approach is based on the core belief that quality healthcare is best delivered locally. For more information, visit www.westernskycommunitycare.com.

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