

# Chronic Disease Management Program

Your employer sponsored health plan through **Diversified Group** includes a chronic disease management program that will assist participants in monitoring and managing their chronic illnesses. This program covers 27 chronic conditions like asthma, diabetes, high blood pressure, high cholesterol, and coronary artery disease, just to name a few (see full list below).

If you or a family member have been diagnosed with a chronic illness you have access to talk with a Registered Nurse called a **Healthcare Navigator™ Nurse Coach**. The Nurse Coaches are here to work with you to enhance self-care, identify warning signs, access resources for assistance and live a healthier lifestyle. You will be contacted in the following manner:

You will receive an introductory letter about your chronic condition(s) from American Health Data Institute (AHD).

- This letter will provide information about your condition(s) and the standards of minimum medical services that are recommended for the condition.

- This letter will provide a list of telephone numbers, web sites, and other sources of educational materials relating to your condition(s).

You may receive a telephone call following the introductory letter, depending on the type and number of your conditions.

- During this phone call the nurse will assess your current health status and your needs for additional personalized service.
- If appropriate, follow-up phone calls will be scheduled to assist you in exploring possible choices for self-managing your illness(es).

The program is designed to provide you with assistance in maximizing your benefits, receiving high quality care, and preventing both progression of chronic medical problems and occurrence of associated complications. If you have one of the following chronic diseases, we encourage you to call and speak to a nurse.

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| ▪ Asthma                                | ▪ Epilepsy                                | ▪ Pre-Diabetes                          |
| ▪ Atherosclerosis                       | ▪ *Human Immunodeficiency Virus Infection | ▪ Polymyalgia Rheumatica                |
| ▪ Atrial Fibrillation                   | ▪ Hyperthyroidism                         | ▪ Pulmonary Htn/Cor Pulmonale           |
| ▪ Chronic Obstructive Pulmonary Disease | ▪ Hypothyroidism                          | ▪ Pulmonary Htn/Cor Pulmonale with COPD |
| ▪ Chronic Renal Insufficiency           | ▪ Hyperlipidemia                          | ▪ Rheumatoid Arthritis                  |
| ▪ Congestive Heart Failure              | ▪ Hypertension                            | ▪ *Schizophrenia                        |
| ▪ Coronary Artery Disease               | ▪ Metabolic Syndrome                      | ▪ Sleep Apnea                           |
| ▪ *Depression                           | ▪ Multiple Sclerosis                      | ▪ Thrombo-embolic Disease               |
| ▪ Diabetes                              | ▪ Parkinson's Disease                     | ▪ Ulcerative Colitis                    |

*\*Patients with these conditions may not receive an introductory letter or phone call from AHD. Participants again are urged to call for Chronic Disease information.*

## Have Questions or Need More Information?

Please feel free to contact one of our nurses at:

### American Health Data Institute

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