

# KNOW YOUR BENEFITS.

From



## Disease Management Programs

If you have a chronic medical condition such as diabetes, asthma or arthritis, you realize that keeping up with your regular treatment and care can be very time-consuming and costly. However, the downfalls of not maintaining your treatment can be far worse, leading to health complications and speeding up the acceleration of your disease, which can lead to more medical problems and much higher costs in the future. is committed to helping you and your family be as healthy as possible, which is why we offer a disease management program that can help you to best manage your health condition.

### **How Does the Program Work?**

A disease management program strives to help employees or family members with chronic diseases better manage their condition. This can include complying with medication regimens, seeing your doctor regularly, seeking additional or alternative treatments or implementing lifestyle changes that can help improve your daily life, prevent future health issues or reduce your symptoms.

We provide this program through a third-party vendor. The vendor begins by reviewing employee health care data to

determine who has (or potentially may have) one or more chronic condition. Your health information is completely confidential and does not have access to it. Our vendor has access to this data, but is not allowed to share it with us or with anyone besides you.

If you have been identified as someone who may have a chronic disease, a representative from the health vendor will call you to get you started with the program.

### **What You Should Know**

We know that people often don't answer telephone calls from numbers they do not recognize. However, if the disease management vendor cannot reach you, they will leave you a message and also attempt to call back later. If you receive this message, it is important that you call back. Also note, the person calling is not allowed to give any health information over voicemail or to anyone other than you, so the message may sound like the call is spam. Know that if the message lacks details, it is only for privacy reasons.

**Disease management can help you live a healthier life and remove some of the burden associated with managing your chronic condition.**

We pay this company to contact employees with chronic conditions to try to get them help managing their care. They are instructed to keep calling if they do not get a response from you. Even if you decide you do not wish to participate in the program, you should answer or return the call to let the representative know – you will then be opted out of future calls. Also, occasionally someone may be mistakenly targeted. We apologize for the inconvenience if this does happen; please simply call back and inform the representative of the mistake.

Disease management can help you live a healthier life and remove some of the burden associated with managing your chronic condition. If you have more questions about our disease management program, contact HR today.

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