



Chronic Condition Management

Better healthcare today and tomorrow

Forty-five percent of all Americans have a chronic disease—and the number is growing. Employees with chronic conditions that go unchecked or unmanaged can turn into costly emergency room visits and hospital stays.

Arkansas Blue Cross and Blue Shield can help. Our chronic condition management program is staffed by registered nurse specialists who engage eligible employees and plan participants diagnosed with one of the six conditions, and provide tools and resources to help them achieve their health ambitions.

What is included?

Once enrolled, your members will work with an RN to set health goals and manage their condition:

- Educational materials for self-management skills
- Follow-up conversations with an RN specialist about goal progress
- Toll-free phone number to call when there are questions
- Coordination of care with the primary care doctor
- Helpful resources for the save money on medication or join a support group

Arkansas Blue Cross chronic condition management care teams focus on members withⁱⁱ:



Asthma



Chronic obstructive pulmonary disease (COPD)



Congestive heart failure



Coronary artery disease



Diabetes



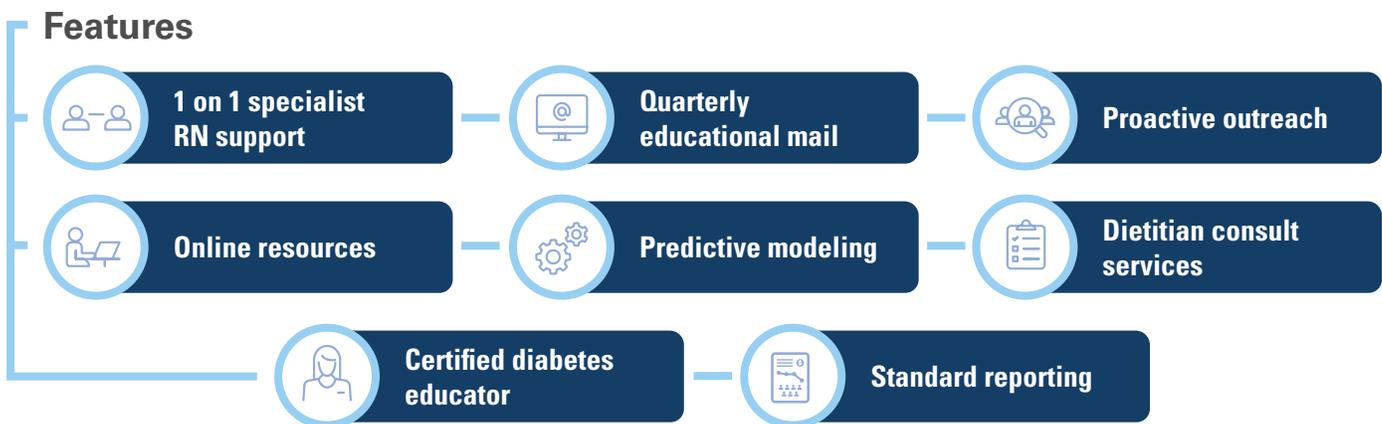
Renal

Members diagnosed with one of the conditions can enroll in the program and get help managing their condition.



A personalized approach

No member is the same - they have unique needs and learn and respond in different ways. That's why our Chronic Condition Management program uses a holistic, multi-channel approach to help members create a plan to manage their condition and improve their health.



Questions?

Talk to your Arkansas Blue Cross representative to learn more about our chronic condition management programs.



¹Raghupathi W, Raghupathi V. An Empirical Study of Chronic Diseases in the United States: A Visual Analytics Approach. International Journal of Environmental Research and Public Health. 2018; 15:431

²Please note: Chronic condition management programs are for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you may need. You, as a member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information provided by you is kept strictly confidential and is only used to provide us with information necessary for participation in the chronic condition management program.