



# 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.

BlueAdvantage 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, while looking out for your company's bottom line.

## 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

BlueAdvantage chronic condition management care teams focus on members with<sup>ii</sup>:



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.

## Choose a package

Two chronic condition management packages are available for employers looking to customize their benefits. You can choose the package that works best for your unique employee population. The product features are the same, but Option 2 covers three additional conditions.

### Option 1

*What it covers*

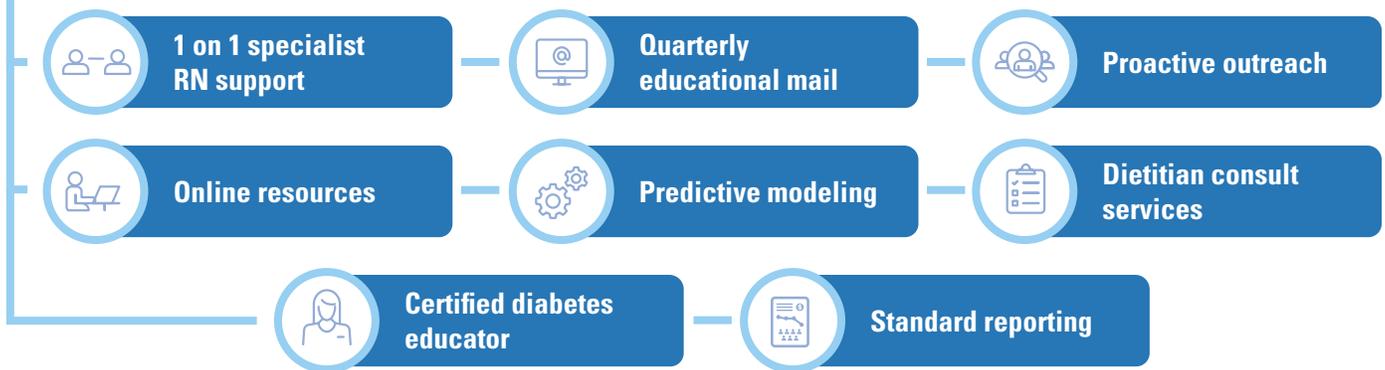


### Option 2

*What it covers*



### Features



## Questions?

Talk to your BlueAdvantage representative to learn more about our chronic condition management programs.



**BlueAdvantage  
Administrators of Arkansas**

An Independent Licensee of the Blue Cross and Blue Shield Association

<sup>1</sup>Raghupathi 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

<sup>2</sup>Please 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.