



CareEssentials

A Team You Can Rely On

The CareEssentials Disease Management program is provided to you by CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc., through Healthways, Inc., a leading provider of integrated health management services currently delivering personalized programs to millions of people across the country.

To enroll in one of these programs, or if you want additional information, please call 1-800-783-4582.



HEALTHWAYS
The Health/Care Trust ChannelSM

www.carefirst.com

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Disease Management Program

Manage your condition for a fuller life

Your health affects more than just the way you feel.

It touches your family, your job and your life in many ways. That's why your employee benefits package now includes the CareEssentials Disease Management program. This valuable program can make life easier and more fulfilling – all at no additional cost.



CareEssentials

Disease Management

The CareEssentials Disease Management program is a personalized, confidential and voluntary program that helps people with conditions like diabetes or asthma manage their overall health. Highly trained nurses provide one-on-one telephone support and health information.

The benefits of an experienced team

The CareEssentials Disease Management team is available to support your relationship with your physician, not replace it. They will keep your doctor informed of your progress in the program and ensure coordination of care. Your team will educate and support you as you learn to better manage your health.

How it Works

As part of the CareEssentials program, your services will include:

- a welcome mailing and follow-up phone call
- periodic calls from the CareEssentials Disease Management team to support your self-care efforts
- newsletters and educational materials
- reminders to schedule important appointments
- toll-free access to your support team 24 hours a day, 7 days a week

Your CareEssentials Disease Management program is available for these conditions

- Diabetes
- Asthma
- Heart Failure
- Coronary Artery Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Low Back Pain
- Osteoporosis
- Osteoarthritis
- Hepatitis C
- Urinary Incontinence
- Decubitus (Pressure) Ulcers
- Atrial Fibrillation
- Inflammatory Bowel
- Irritable Bowel Syndrome
- Fibromyalgia
- Acid-related Disorders