

Manage your chronic condition for a fuller life

Your health affects more than just how you feel. It touches your family, your job and your life in many ways. That's why our benefits package now includes the *CareEssentials* Disease Management program to help you manage your health.



CareEssentials



Your *CareEssentials* Disease Management program is available for these conditions:

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

CareFirst 
BlueChoice

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BlueCross BlueShield

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