

CareEssentials Disease Management Program Sample letter for employees

[Include on company letterhead]

[Date]

Dear [Insert company's name] employee:

If you're like most of us, you know someone affected by a chronic condition like heart disease or diabetes. You also know how hard it can be to keep up with medications, doctor visits, lifestyle changes and preventive exams.

I'm writing to let you know about a new program to support CareFirst BlueCross BlueShield and CareFirst BlueChoice members with chronic diseases.

The **CareEssentials disease management program** helps employees and eligible family members with caring and personal support. Specially trained nurses stay in touch with participants by phone, answer questions, send educational materials and encourage participation in activities that can improve your health.

What is special about this program?

- It provides personal contact between participants and specially trained nurses. Even participants who are at low risk for complications receive supportive phone calls.
- The program supports doctors, too, helping patients to follow their doctor's plan of care.
- It's free!

The program is voluntary and confidential

The *CareEssentials* disease management program is administered by Healthways, Inc, a leader in the disease management field. All personal health information exchanged between you and Healthways will be kept confidential. The information will only be shared with your group health plan and/or your employer for purposes of administering the group health plan. Employees may decline to participate by calling a toll-free number at any time.

Questions?

If you or a loved one are eligible for the program, you will receive your welcome call and personal health materials soon. Meanwhile, please call Healthways at 800-783-4582 if you have questions.

Sincerely,

Company Representative