

For Distribution to Brokers/Wholesalers/Administrators/DBEs Only

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## CareEssentials Programs in Español

**MARKET: FULLY-INSURED GROUPS**

Our **free** CareEssentials programs can help Spanish-speaking members manage conditions such as heart disease, cancer, stroke and diabetes and improve overall health and wellness.

Below are some of the free CareEssentials programs we can provide at no charge to our fully-insured groups, along with the Spanish component:

<b>CareEssentials Program</b>	<b>Spanish Component</b>
MyHealthProfile (health risk assessment tool)	<ul style="list-style-type: none"> <li>• Online and paper assessments</li> <li>• Member report</li> <li>• Supplementary articles and resources accessed from member's home page</li> </ul>
Healthy Lifestyle Coaching	<ul style="list-style-type: none"> <li>• Telephone translation line available</li> </ul>
Disease Management	<ul style="list-style-type: none"> <li>• Telephone translation line available</li> <li>• Program materials including welcome packet</li> <li>• Disease workbooks</li> </ul>
Case Management	<ul style="list-style-type: none"> <li>• Telephone translation line available</li> <li>• Cultural assessment by a nurse</li> <li>• Program materials</li> </ul>
FirstHelp 24/7 nurse line	<ul style="list-style-type: none"> <li>• Spanish-speaking nurses available</li> </ul>

A "CareEssentials in Español" flyer (CUT7483-1P) was recently added to the Sales Ordering System. It provides a description (in Spanish) of the CareEssentials programs and services available for our Spanish-speaking members and how to access them.

CareFirst also provides the following member communications resources in Spanish:

- Health education brochures available in print and PDF on the Sales Ordering System: Cholesterol, Depression, Asthma, Quit Smoking, Preventing Diabetes, Heart Disease, Blood Pressure, Healthy Recipes, What's in your Grocery Bag?, Serving Size Diagram
- CareEssentials promotional flyer (CUT7483-1P) available in PDF
- *My Care First* promotional flyer (CUT6387-1S) available in print and PDF
- [My Care First health and wellness site](#) has Spanish section with information on medical conditions and medications and links to other Spanish health sites.
- "[CareFirst en Español](#)" Web page provides health and wellness brochures, hospital quality tool to compare hospitals, BlueChoice provider directory and link to Davis Vision's English/Spanish web site.



Should you have any questions, please contact your Broker Sales Representative.

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