

Condition Management



Available Programs

Our Health and Wellness Condition Management programs are a **no cost** benefit that provides members with the tools and resources they need to live happier, healthier lives – both at work and home. These programs offer specialized services to members who have been diagnosed with asthma, depression, diabetes, heart disease, high blood pressure, chronic obstructive pulmonary disease (COPD) and chronic kidney disease.

Members who participate in these programs learn how better management of their chronic conditions can improve their quality of life. All programs are voluntary, and members may opt-out at any time.

Program Benefits

- Condition-specific preventive and self-care education
- Phone access to a SummaCare registered nurse for health questions
- Ongoing monitoring of claim patterns for gaps in recommended care
- Recommended care reminders
- Nurse outreach to members
 - newly diagnosed with the condition
 - considered high-risk for hospitalization
 - after hospitalization for the condition

SummaCare provides members with even more condition-related education and support with the WebMD® Health Manager tool found online in SummaCare Plan Central.

If you would like more information about our Condition Management programs, please call **877.888.1164** (TTY **711**) or visit **summacare.com**.
