



## Disease Management



### Achieve Better Health Outcomes with Proactive Disease Management

More than 130 million Americans live with at least one chronic illness, but better health outcomes are possible when the disease is proactively managed early in the process. Through our disease management program, we offer the education and tools your members with modifiable conditions need to lead healthier lives.



#### Identify

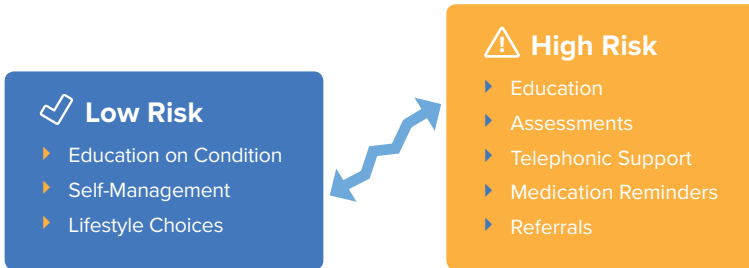
To identify members who could benefit from disease management, we regularly monitor more than a dozen information sources and use a sophisticated algorithm. With our reliable data strategies, we group these members into high- and low-risk cohorts to educate them appropriately so they can make informed choices about their health.

#### Our programs address:

- ▶ Asthma
- ▶ Chronic Obstructive Pulmonary Disease
- ▶ Congestive Heart Failure
- ▶ Coronary Artery Disease
- ▶ Diabetes

## → Intervene

The interventions members receive are determined by their level of health risk. Low-risk members receive educational materials on condition monitoring, self-management and the impact of lifestyle choices on their health. High-risk members are offered additional assistance and may select to receive telephonic support, assessments and medication reminders. These interventions are delivered by master's-level clinicians trained in a proprietary therapeutic model with the goal of helping members overcome psychosocial barriers that may impact their health. When necessary, appropriate referrals to other care management programs or services are made.



## 🗨️ Collaborate

We work with your health plan to familiarize providers with our disease management program and its benefits to them. We work hand-in-hand with providers to create compliance. We respect the primacy of the provider treatment plans at all times and strongly encourage members to communicate proactively with their doctors.



### Contact Us

Learn more about how our disease management services can benefit your health plan and its members.

**877-267-7577**

[marketing@healthintegrated.com](mailto:marketing@healthintegrated.com)

[healthintegrated.com](http://healthintegrated.com)

### About Health Integrated®

*Health Integrated leads the industry with Precision Empowered Care Management™, enabling health plans to precisely manage their most vulnerable members. By combining actionable big data with a proven biopsychosocial model, we address the physical, psychological and social drivers that impact member health and satisfaction. As a result, plans enhance quality, achieve compliance and strengthen their financial performance, while empowering members to achieve better outcomes.*