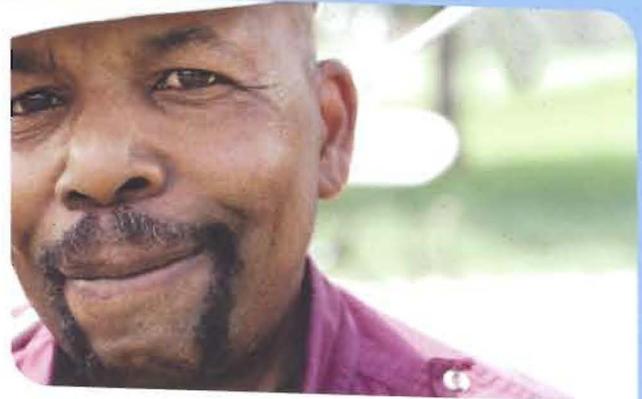


The right level of individualized interventions at the right time.

Today, most physicians and clinical staffs have limited “face time” with their patients. Some individuals are in denial about their chronic illness and others can feel overwhelmed by information. All can lead to poor management of the chronic condition and poor overall health.



The **ConditionCare** program serves as an excellent adjunct to physician care. A dedicated nurse and added support from our team of dietitians, exercise physiologists, pharmacists, health educators and other health professionals will help members understand their condition, their doctor’s orders and how to become a better self-manager of their condition.

Our total health solution combines the physician’s plan of care with where the member may be willing to make healthier behavior choices. From this, we can work with the member to facilitate their own self-management. The goal of the program is to achieve optimal wellness with optimal cost efficiency by:

- *Helping support the physician/member relationship and plan of care*
- *Helping to emphasize a reduction of complications using evidence-based nursing practice guidelines and participant-empowerment strategies*
- *Considering the whole individual being managed, not just the condition*
- *Evaluating clinical, personal and economic outcomes on a consistent basis to help improve overall health*

Dynamic Participant Profiles®

Starting with the member’s own self-identified long-term goal, we collaboratively work with the participant to create a *Dynamic Participant Profile (DPP)*, a personalized care “blueprint” that organizes specific goals and action steps to help achieve better health.

These nursing goals are based on an individual’s current health status and behaviors, and the physician’s prescribed treatment plan. The primary nurse care manager oversees a member’s *DPP* through coordinating care, encouraging adherence to the plan, providing education and coaching the member. Additionally, the nurse care manager involves other licensed health care professionals, when necessary, including pharmacists, dietitians, exercise physiologists and physicians.

ConditionCare helps participants manage the following conditions:

- *Asthma (Pediatric & Adult)*
- *Chronic Obstructive Pulmonary Disease (COPD)*
- *Coronary Artery Disease (CAD)*
- *Diabetes (Pediatric & Adult; Types 1 & 2)*
- *Heart Failure (HF)*
- *Condition Support Programs for*
 - *Low back pain*
 - *Musculoskeletal*
 - *Cancer*
 - *Vascular At-Risk*