



## Disease Management

The HCCMCA Disease Management program helps individuals with chronic diseases better manage their condition. Because chronic diseases cause ongoing health issues that may never go away, this program provides information and one-on-one guidance to give individuals extra support in addition to their doctor's care. Optum, a company known for helping people improve their health by supporting their individual health goals, provides the support, education and the nurses for HCCMCA's disease management program.

### Goals

Our Disease Management program goals are to:

Improve participant health by helping individuals learn about their chronic condition and understand the importance of following their treatment plan

Save money for participating health plans by reducing claims expenses

Studies show that people who learn to manage their chronic health conditions can avoid unnecessary emergency room visits and hospitalizations and miss less work due to illness, thereby reducing costs on several levels.

### How it Works

HCCMCA's Disease Management program is voluntary and confidential, and is available to all eligible member employees and their dependents. Optum's health care experts periodically review claims data to identify individuals who have chronic conditions. Optum sends an introductory letter to these individuals, and then a specialist calls to answer questions and invite the person to participate.

Individuals who choose to participate may access all or just some of the four program options – the choice is theirs. They may:

1. Partner with a nurse, health educator, dietician or other health care professional to manage their condition
2. Use a 24/7 toll-free help line to ask a registered nurse their health questions
3. Receive educational information about their condition
4. Access health information online

### Program Details

HCCMCA's Disease Management program is designed for individuals who have:

Asthma

Diabetes

Keeping health care affordable for workers and their families

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(907) 474-4226 ■ Toll-free (888) 474-4226 ■ [www.hccmca.org](http://www.hccmca.org)

## **Program Details (cont.)**

Heart Failure

Coronary Artery Disease (CAD)

Chronic Obstructive Pulmonary Disorder (COPD)

Musculoskeletal Pain (optional) - back pain (neck, upper and lower back), fibromyalgia, headaches: migraine or tension, osteoarthritis, regional musculoskeletal disorders (RMD), rheumatoid arthritis

There is no cost to individuals to participate. Participating HCCMCA member health plans pay a monthly rate for each individual who participates in the program. In addition, HCCMCA charges a small access fee per member employee per month.

## **Benefits**

HCCMCA's Disease Management program benefits member health plans in a number of ways.

The program assists individuals who participate in improving their health while helping them more effectively manage their chronic condition. Programs are designed to meet the needs of HCCMCA member health plans.

We also reduce the cost of health care claims and reduce absenteeism, while positively impacting presenteeism and overall productivity.

"Member health plans who use Optum's Disease Management program have seen significant results associated with admission reductions, overall cost savings, reduction of readmissions, improved clinical performance of a number of condition specific measures and high overall member satisfaction ratings."

*Fred Brown*

Executive Director, HCCMCA

## **Learn More**

To learn more about Optum's Disease Management program, contact HCCMCA at 907-474-4226 or 888-474-4226 (toll-free).