

# Make **Informed** **Decisions** to **Manage Health**

## Health Management with PacificSource



### Online Support

#### InTouch Health Manager

InTouch Health Manager, powered by WebMD®, is an online health and wellness center for PacificSource members. Available through InTouch, our secure site for members at PacificSource.com, Health Manager provides members and their families with easy access to the information they need to make smart choices about their health. From information about preventing or managing a serious disease to a personalized health improvement plan, they'll find a variety of powerful and easy-to-use tools from one of the most trusted sources of health and medical information.

- HealthQuotient®, health risk assessment, helps uncover potential health risks and suggests positive steps to control them.
- Symptom Checker helps members determine if and when they should seek medical treatment.
- Disease and Condition Centers give members current, reliable information about specific health care problems.
- Tracking tools allow members to chart their progress toward achieving specific health goals.
- Smoking cessation and LEAP exercise programs provide customized health improvement support.
- And much more.

To get started, members can log onto InTouch at PacificSource.com, then click on Health Manager and complete a simple registration form.

### Local Support

#### Health Education Classes

Many local hospitals offer classes on topics that can help members optimize their health. As part of their PacificSource coverage, they can participate in hospital-based health education classes and receive up to \$50 reimbursement per class (up to \$150 per member per plan year). Hospital-based classes cover a wide range of health topics, such as maternal and child care, pregnancy and parenting, heart health, weight

***“Our health management services include online tools, community-based classes, and condition-specific support programs – all at no cost.”***

*Lois Stevens, PacificSource Disease Management Coordinator*

loss, and fitness. Members can check with their local hospital for a list of eligible classes in their area.

We also offer Brown Bag Wellness Seminars tailored to the specific wellness interests of employers with 100 or more employees.

These informational seminars are held at convenient places and times so everyone can attend. Please contact us for seminar options.

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## Condition-Specific Support

For our members who are pregnant or have chronic conditions, we offer condition-specific health management programs. These programs are designed to help members learn more about their condition, become more involved in their care, and make informed decisions to manage their health. We currently offer condition-specific support for the following:

- Amyotrophic lateral sclerosis (ALS)
- Asthma
- Cancer
- Chronic inflammatory demyelinating polyradiculoneuropathy (CIDP)
- Chronic obstructive pulmonary disease
- Congestive heart failure
- Coronary artery disease
- Cystic fibrosis
- Dermatomyositis
- Diabetes
- Gaucher's disease
- Growth hormone deficiency
- Heart disease
- Hemophilia
- Hematopoietics
- Hepatitis C
- Multiple sclerosis
- Myasthenia gravis
- Parkinson's disease
- Polymyositis
- Pregnancy
- Pulmonary disease
- Rheumatoid arthritis
- Scleroderma
- Seizure disorders
- Sickle cell disease
- Systemic lupus erythematosus (SLE)

## Condition management programs may offer:

- One-on-one support from a team of healthcare professionals specializing in complex, chronic conditions
- Disease-specific educational materials and online resources
- Coordination of care with the member's physician or pharmacist
- Ongoing preventive monitoring, health evaluations, and nurse outreach

## Condition Management Program

Condition Management is a program available to employers with 51 or more employees. Members with asthma, diabetes, heart failure, chronic obstructive pulmonary disease, or coronary artery disease may be referred to our Condition Management program. In addition to the program features listed above, some Condition Management is designed to:

- Comply with your physician's treatment regimens
- Take a more active role in managing your health
- Control healthcare costs and incur fewer insurance claims

***Questions? If you have any questions about our health management programs, contact your PacificSource Sales Representative.***



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