

Health Management with PacificSource

Make Informed Decisions to Manage Health

Our health management services include online tools, community-based classes, and condition-specific support programs.

Online Support

InTouch Health Manager

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 you and your family with easy access to the information you need to make smart choices about your health. From information about preventing or managing a serious disease, to a personalized health improvement plan, you'll find a variety of powerful and easy-to-use tools from one of the most trusted sources of health and medical information.

- HealthQuotient®, a health risk assessment, helps you uncover potential health risks and take positive steps to control them.

- Symptom Checker helps you determine if and when you should seek medical treatment.
- Disease and Condition Centers give you current, reliable information about specific health care problems.
- Tracking tools allow you to chart your progress toward achieving specific health goals.
- Smoking cessation and LEAP exercise programs provide customized health improvement support.
- And much more.

To get started, log into 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 you optimize your health. As part of your PacificSource coverage, you can participate in hospital-based health education classes and receive up to \$50 reimbursement per class (up to \$150 per

continued on reverse

Whether you're in great shape and want to maintain that, are expecting a baby, or have a medical condition that requires ongoing support, we can help.



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 loss, and fitness. For a list of eligible classes in your area, check with your local hospital or visit the For Our Members section of our Web site for more information. Simply click on the Health & Wellness tab and click Hospital-Based Health Education Classes.

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 you learn more about your condition, become more involved in your care, and make informed decisions to manage your 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 your physician or pharmacist
- Ongoing preventive monitoring, health evaluations, and nurse outreach.

If you have questions, you are welcome to contact our Customer Service Department at 888.977.9299 or e-mail cs@pacificsource.com.



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PacificSource.com