



Disease Management Program

Barr & Barr, Inc.

Available at no cost to you as part of your health benefits!

Did you know that you have access to a new, confidential program called disease management? Through **disease management**, you can speak over the phone with a nurse coach about your condition. Here's how it works:

1. You should have received a letter in the mail that explained the disease management program and its benefits.
2. If you are identified as being eligible for disease management, you may receive a phone call from an engagement specialist, who can explain the program.
3. If you have not received a letter or phone call and have one of the conditions listed, call the number below.
4. After you enroll in the program, you will speak with a nurse coach on a regular basis.
5. Phone calls with your nurse coach will be tailored to help you with your specific condition. Your coach can send you educational information about your condition and provide support when your condition is hard to manage.

Are you living with a health condition?

If you have a health condition, you aren't alone. More than 133 million Americans, or 45 percent of the population, have at least one health condition.

Now, you can take control of your condition through disease management. You may be contacted to enroll if you have one or more of the following conditions:

- Asthma*
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic pain
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Diabetes*
- High cholesterol
- High blood pressure
- Chronic kidney disease

**Pediatric asthma and diabetes programs are also available.*

To learn more about the program or to enroll today and start speaking to a nurse coach, call 1.888.610.0089.



An Aetna Company

www.meritain.com