

Did you know?

If you follow a regular plan of care for your health problem you may:

- Increase your overall enjoyment of life
- Have an increased sense of well-being
- Reduce your chances of developing additional health problems
- Help reduce the amount of money you spend on healthcare
- Be able to enjoy everyday activities that you could never do before



*We look forward
to helping
you achieve a
healthier life*

When you join Care-ADVANTAGE you:

- Learn about your health problem
- Have a Disease Management Educator or Case Manager that is available to work with you and your doctor to make sure your health problem is being treated in the best way possible
- May be eligible for reduced prescription co-payments on medicines you take for your chronic health problem(s) through the ADVANTAGE prescription mail order program
- Have a personal Disease Management Educator or Case Manager to talk with to answer questions and support you in staying healthy

How do I join?

To join Care-ADVANTAGE today:

- Call our Disease Management Coordinator at 1.877.901.2237 ext. 2922.,or
- E-mail us at careadvantage@advantageplan.com



ADVANTAGE
...rising above the service you expectSM
advantageplan.com

Please call for more information 1.877.901.2237

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ADVANTAGE

...rising above the service you expectSM

Care-ADVANTAGE...

*An Integrated Approach to
Population Health Management[®]*



What is Care-ADVANTAGE?

Care-ADVANTAGE is a program developed by ADVANTAGE Health Solutions to help you deal with long-term health problems; often called "chronic" conditions or illnesses.

If you have any of the following health problems, you can join Care-ADVANTAGE:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Congestive Heart Failure (CHF)
- Diabetes or high blood sugar
- Hypertension or high blood pressure
- Migraine Headaches

How does Care-ADVANTAGE work?

- You will have a personal Disease Management Educator or Case Manager
- You will complete a health assessment
- Based on the results of your health assessment, you and your personal Disease Management Educator or Case Manager will set health improvement goals
- Your personal Disease Management Educator or Case Manager will support you in achieving your goals, through regular phone contact and mailings

Care-ADVANTAGE

*An Integrated Approach to
Population Health Management®*

Our Case Management services enable you, your physician and your case manager to:

- Determine how you are doing with your health condition
- Make plans to improve or change what you are currently doing
- Put those plans into action
- Help select any additional help or services you might need
- Organize the help or services you might need
- Offer ongoing support and education
- Assure you receive the best care at the right cost to keep you healthy

Behavioral Health Coordination your Case Manager can:

- Assess how you are feeling; people with chronic health conditions sometimes feel sad, depressed or anxious
- Help identify behavioral health support options

*Organize the services
you need for your specific
health condition*

Our Disease Management services enable you and your Disease Management Educator to:

- Help organize and watch over the healthcare services you need for your health condition
- Review your plan of care with you and your doctor
- Help you remember daily steps to take care of your health condition, such as taking your blood sugar reading or using your inhaler
- Tell you about education, training programs and classes that could help you take care of your health condition
- Help you get the services you need, if you are feeling depressed or anxious
- Provide you with ongoing support and education

