



With Meritain Health®'s ongoing support, Mark is doing everything he can to live in his best health.

Building a Healthy Future

“How can I live like this?”

Mark has always dreamed of adding to the landscape of his city with beautiful buildings. As an architect, he's worked hard and now runs his own firm. Mark works long hours, but seeing the new structures he helps create makes it all worthwhile. He's recently lost some weight, but assumes it has to do with working too hard. One day, Mark is struck with horrible abdominal cramps, which double him over and require him to cancel his meetings. A trip to the doctor reveals some difficult news that changes his life forever.

“You have Crohn's disease.”

Mark's doctor explains his condition is causing his intestinal tract to become inflamed and painful. Though Crohn's disease cannot be cured, Mark can take medication to ease his symptoms and prevent health complications. Unfortunately, the first prescribed medication doesn't work right and causes Mark more abdominal distress, plus additional weight loss. Mark is devastated. He sees his world crumbling before his very eyes. He visits a gastroenterologist who prescribes a new injectable medication alongside the one he's currently taking to help improve his symptoms.

Case management support

Rami is a high-cost drug management case manager with Meritain Health. He reviews Mark's case and reaches out to help. First, he contacts Mark's doctor to make sure the prescribed medications are the very best option for him. He explains to Mark's doctor how to work with Meritain Health, to ensure Mark's medication is filled quickly and easily.

Next, Rami contacts Mark to review the medications—especially how and when to take them. He offers Mark other health tips to help him manage his Crohn's disease and feel his best, such as dietary changes and stress management, plus symptoms that require emergency medical care.

Success—and savings

Rami's work pays off. Mark is able to manage his health and reduce his abdominal pain. He has saved more than \$3,000 by avoiding the need for ER visits.

Today, Mark is adjusting to life with his diagnosis. With Rami's ongoing support, he takes his medication and does everything he can to live in his best health. He has returned to the life he loves—filling his city with plenty of brand new architecture.

Advocates for Healthier Living

Meritain Health offers easy-to-use healthcare and ancillary benefits your employees can use to lead healthy, productive lives. Contact us today at sales@meritain.com to learn more.

Case savings include managed savings and negotiated savings and follow guidelines prescribed by the Case Management Society of America (CMSA). Managed savings reflect avoidance of potential charges that are realized through the intervention/actions of the case manager. Negotiated savings reflect savings off actual charges that are negotiated by the case manager with an individual provider.

This communication is intended for informational, promotional purposes only. The reference to previous outcomes made as a part of this communication does not guarantee success in any new or future case(s), as the result of each case depends upon many factors, including the facts of each case.

This story is based on an actual member experience. Names and information have been changed to protect the member's privacy.

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