



The Meritain Health[®] Disease Management Program Helps Members Improve their Health and their Life

Meritain Health Disease Management *Member success stories*

The Meritain Health Disease Management program improves employee well-being through self-management of health conditions. By identifying members' high-risk behaviors and connecting them to a nurse health coach, Disease Management provides counseling and support to prevent future high-dollar costs. This leads to cost containment for employers.

The Disease Management program helped the following members improve their health—and their life:

Targeted conditions include:

- ⊗ Asthma.
- ⊗ Chronic Kidney disease (CKD).
- ⊗ Chronic pain.
 - Rheumatoid arthritis.
 - Osteoarthritis.
 - Back pain.
- ⊗ Chronic Obstructive Pulmonary Disease (COPD).
- ⊗ Coronary Artery Disease (CAD).
- ⊗ Congestive Heart Failure (CHF).
- ⊗ Diabetes.
- ⊗ Hypertension.
- ⊗ Hyperlipidemia.

Story #1: Warren

Baseline:

Diabetes, hypertension and prostate cancer; cancer treatments are causing depression

Nurse health coach goal:

Help Warren increase exercise and improve eating habits to regulate his glucose levels.

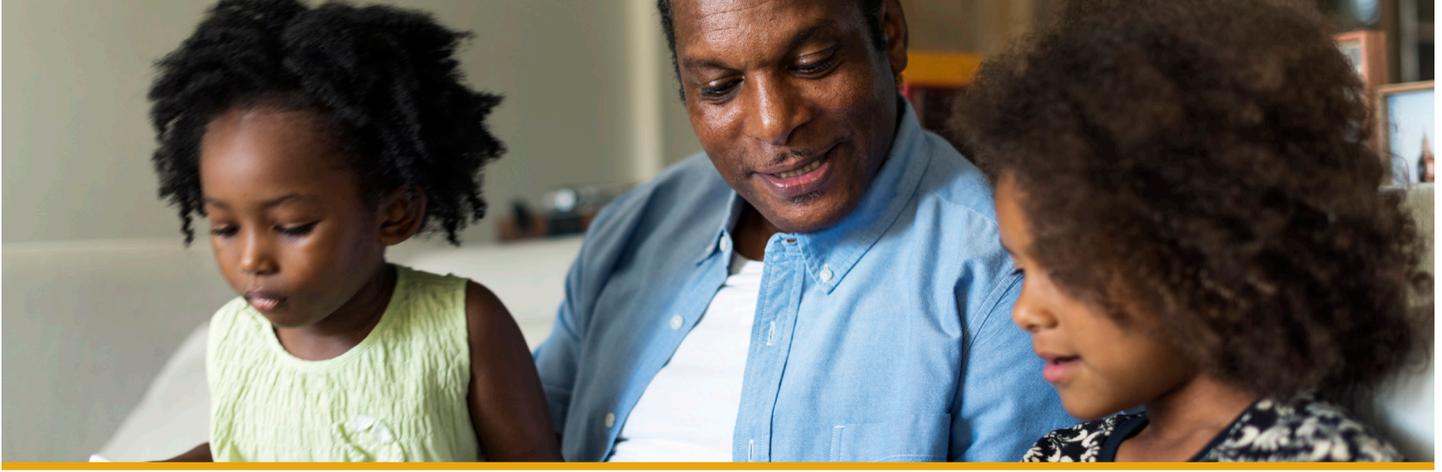
Program support:

- Regular calls with his nurse health coach to set goals and a plan
- Dietary changes: healthy food items to have on hand for easy, go-to choices
- Physical activity: the member doesn't want to pay for a gym membership, so his nurse health coach recommended alternative exercise options
- These lifestyle modifications can also help Warren cope with his depression

Results:

- Reduced consumption of sweetened drinks; now chooses healthier snacks and no longer eats after midnight
- Walks 1-2 times per week
- Has lost more than 12 pounds
- Hgb A1C levels have returned to a normal range (a measure of ongoing glucose control)





Story #2: Earl

Baseline:

Diabetes, hypertension, atherosclerosis, rheumatoid arthritis and high cholesterol; a recent stroke has made it difficult for Earl to communicate and has impaired his fine motor skills

Nurse health coach goal:

Improved health through healthy eating, redevelopment of fine motor skills

Program support:

- Regular nurse health coach calls for guidance and a plan
- Nutrition: how to read nutrition labels for a healthier diet
- Physical fitness: cardiac rehab activities and an exercise routine
- Goals to manage everyday tasks
- Encouragement to ask questions before leaving the doctor's office

Results:

- Started a daily exercise program
- Improved fine motor movements
- Decreased portion sizes, plus healthier food choices
- Diabetes is well-managed through exercise and diet changes
- Now asks questions at his doctor's appointments
- Warren's well-being has returned, and he feels optimistic about the future

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.

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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