

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.
- ⊗ High blood pressure.
- ⊗ Hyperlipidemia.

Story #1: Fred

Baseline:

Coronary artery disease, hypertension, obesity; chronic pain and need for total knee replacement surgery; heart attack; angioplasty with stent; needs oxygen tank to breathe

Nurse health coach goal:

Lifestyle changes, weight loss and improved health

Program support:

- Regular calls with his nurse health coach to set goals and a plan
- Dietary changes: importance of balanced diet and portion control, benefits of cutting back on carbohydrates and high-fat foods

Results:

- Improved eating habits: increased intake of lean meats, fish and vegetables
- Weight loss of more than 50 pounds—with plans to lose even more
- No longer needs oxygen at night
- Blood pressure and glucose are within normal range
- No longer needs several of his previous medications
- Knees no longer hurt; doesn't need a cane or walker any longer





Story #2: Scott

Baseline:

Coronary artery disease; stent placement, failure to follow-up with his doctor or refill medications; tired and depressed

Nurse health coach goal:

Encouragement to improved and manage chronic heart condition

Program support:

- Encouraged Scott to see a cardiologist for a stress test, plus follow all care instructions

Results:

- Replacement of stents
- Now follows care plan to manage his health
- Renewed energy through improved blood flow and oxygen supply
- Feels better overall

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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