



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 cholesterol.

Story #1: Jack

Baseline:

Hypertension (high blood pressure) and hyperlipidemia (high cholesterol)

Nurse health coach goal:

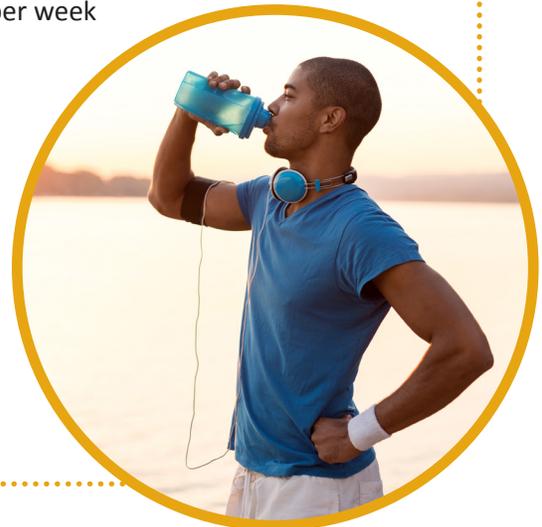
Improve Jack's blood pressure and cholesterol

Program support:

- Regular nurse health coach calls to set goals and provide resources
- Physical fitness: going to the gym twice a week, walking 2–3 miles five days per week
- Dietary changes: avoiding foods high in cholesterol

Results:

- Total cholesterol reduced by 72 points, LDL cholesterol by 49 points and triglycerides reduced by 52 points
- Lost seven pounds
- Feels confident he can maintain a healthier lifestyle





Story #2: Chuck

Baseline:

Hypertension, hyperlipidemia, osteoarthritis and Crohn’s disease; concerns with cholesterol levels and weight gain

Nurse health coach goal:

Improved cholesterol levels, weight loss

Program support:

- Regular nurse health coach calls for guidance and a plan
- Encouraged medication adherence
- Dietary changes: healthier fats, increased fiber, portion control
- Physical fitness: encouraged daily exercise
- Explained how changes can reduce health complications

Results:

- Chuck is working out daily and eating healthier
- Started filling medication prescriptions
- Cholesterol lowered by more than 90 points

Story #3: Trish

Baseline:

Hypertension, weight gain, high total cholesterol, stress

Nurse health coach goal:

Improved cholesterol levels, weight loss, stress management

Program support:

- Regular nurse health coach calls for guidance and a plan
- Dietary changes: reduced carbohydrates and use of food journal
- Physical fitness: guidance for fitting in exercise
- Stress management techniques

Results:

- Lost 20 pounds
- Cholesterol reduced to normal range
- Feels better

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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