



## The Meritain Health<sup>®</sup> 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: Susan

##### Baseline:

Chronic pain, with morbid obesity, depression, hypothyroidism, tobacco use and allergies

##### Nurse health coach goal:

Help Susan lose weight, reduce pain and stop smoking

##### Program support:

- Regular calls with her nurse health coach to set goals and a plan
- Dietary changes: replace chocolate milk with water, minimize cravings
- Physical activity: 30 minutes of daily aerobic exercise as per the American Heart Association guidelines
- Quit smoking: QuitNow helpline and guided imagery (Susan was not able to use nicotine replacement aides due to her health)

##### Results:

- Successful dietary change: reduced chocolate milk intake
- Increased water intake
- Increased activity level—water aerobics and core strength
- Reduced pain
- Reduced smoking





## Story #2: Carl

### Baseline:

Chronic pain, with obesity, osteoarthritis, tachycardia (high resting heart rate) and medical recommendation for hip resurfacing to improve mobility

### Nurse health coach goal:

Weight loss, reduced pain and improved health

### Program support:

- Regular nurse health coach calls for guidance and a plan
- Recommendation to receive hip surgery
- Physical fitness: increased activity
- Dietary changes: reduced carbohydrate intake, fewer than 2,500 calories per day, and use of an online food tracker to estimate daily calories

### Results:

- Successful hip surgery
- 10-pound weight loss
- Cholesterol lowered by 50 points and able to reduce medication dose
- Improved acid reflux and able to discontinue medication
- Feels better: he's more mobile and productive, lifts weights, walks 3–4 miles per day and experiences less pain



## Story #3: Barry

### Baseline:

Chronic pain in the spine and hip, obesity and childcare makes exercise difficult, poor eating habits—loves sugary drinks

### Nurse health coach goal:

Weight loss, reduced pain and improved health

### Program support:

- Regular nurse health coach calls for guidance and a plan
- Dietary changes: transition from sugary drinks to flavored water
- Guidance on nutrition labels and portion control
- Physical fitness: ways to fit in walking and low-impact aerobics

### Results:

- Successful transition to flavored water
- Spinal nerve block for increased walking
- Weight loss of 35 pounds
- Reduced spine and hip pain

## 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](mailto: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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