

Did you know...

If you follow a regular plan of care for your health problem you may:

- Increase your overall enjoyment of life
- Have a sense of well-being
- Reduce your chances of developing additional health problems
- Help reduce the amount of money you spend on healthcare
- Be able to do everyday activities that you can't do now

When you join Care-ADVANTAGE you:

- Learn about your health problem
- Have a Disease Management Educator or Case Manager that is available to work with you and your doctor to make sure your health problem is being cared for in the best way possible
- May be eligible for reduced prescription co-payments on medicines you take for your chronic health problem(s) through the ADVANTAGE prescription mail order program
- Have a personal Disease Management Educator or Case Manager to talk with to answer questions and support you in staying healthy

How do I join?

To join Care-ADVANTAGE today:

- Call our Disease Management Coordinator at 1-866-646-0288, or
- E-mail us at careadvantage@advantageplan.com

We look forward to helping you achieve a healthier life!



ADVANTAGE

...rising above the service you expectSM

ADVANTAGE

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Care-ADVANTAGE

A program to help you be your healthiest!



ADVANTAGE

...rising above the service you expectSM

What is Care-ADVANTAGE?

Care-ADVANTAGE is a program developed by ADVANTAGE Health Solutions to help you deal with long-term health problems; often called "chronic" conditions or illnesses.

If you have any of the following health problems, you can join Care-ADVANTAGE:

- Asthma
- Coronary Artery Disease or CAD
- Congestive Heart Failure or CHF
- Diabetes or high blood sugar
- Hypertension or high blood pressure
- Migraine Headaches
- Chronic Obstructive Pulmonary Disease or COPD

How does Care-ADVANTAGE work?

- You will have a personal Disease Management Educator or Case Manager
- You will complete a health assessment
- Based on the results of your health assessment, you and your personal Disease Management Educator or Case Manager will set health improvement goals
- Your personal Disease Management Educator or Case Manager will support you in achieving your goals, through regular phone contact and mailings



Care-ADVANTAGE provides Members with:

CASE MANAGEMENT services that include you, your doctor and your Case Manager working together to:

- Determine how you are doing with your health condition
- Make plans to improve or change what you are currently doing
- Put those plans into action
- Help select any additional help or services you might need
- Organize the help or services you might need
- Give you ongoing support and education
- Assure you receive the best care at the right cost to keep you healthy

BEHAVIORAL HEALTH COORDINATION your Case Manager can:

- Assess how you are feeling; people with chronic health conditions sometimes feel sad, depressed or anxious
- Help you get the services you need, if you are feeling depressed or anxious

DISEASE MANAGEMENT

services that include you and your Disease Management Educator working together to:

- Help organize and watch over the healthcare services you need for your health condition
- Review your plan of care with you and your doctor
- Help you remember what things you may need to do on a daily basis to take care of your health condition, like taking your blood sugar reading or using your inhaler
- Tell you about education and training programs and classes that could help you take care of your health condition
- Assess how you are feeling; people with chronic health conditions sometimes feel sad, depressed or anxious
- Help you get the services you need, if you are feeling depressed or anxious
- Provide you with ongoing support and education