

## Disease Management Programs

| Program                              | Description   |
|--------------------------------------|---|
| <b>Asthma IVR/Text Program</b>       | <ul style="list-style-type: none"> <li>• Scheduled Interactive Voice Response or text message education</li> <li>• IVR/text schedule: 1 call/text a week or 1 call/text every 30 days</li> </ul>  |
| <b>Asthma Education Program</b>      | <ul style="list-style-type: none"> <li>• Telephonic outreach and education with a UCare asthma educator or Cecelia Health registered respiratory therapist</li> <li>• Assessment of self-monitoring, self-management, and medication adherence. Encouragement of Asthma Action Plan.</li> <li>• Average 1 call a month for 6 months</li> <li>• Children and adults ages 5-64</li> </ul> |
| <b>Brook Health Companion App</b>    | <ul style="list-style-type: none"> <li>• Mobile app for help with managing general wellness, diabetes, hypertension, and other chronic conditions</li> <li>• In app coaching; medication, blood pressure or blood sugar check reminders</li> <li>• To learn more and to download the app, visit <a href="http://ucare.org/brook">ucare.org/brook</a></li> </ul>                         |
| <b>CKD Support Program</b>           | <ul style="list-style-type: none"> <li>• Telephonic outreach and education with a Cecelia Health registered dietician</li> <li>• Guidance, education, and support to help prevent or slow down the progression of CKD and make healthy food choices.</li> <li>• Average 1 call a month for 6 months</li> </ul>  |
| <b>COPD Management Program</b>       | <ul style="list-style-type: none"> <li>• Telephonic outreach and education with a Cecelia Health registered respiratory therapist</li> <li>• Assessment of self-monitoring, self-management, and medication adherence. Encouragement of COPD management plan.</li> <li>• Average 1 call a month for 6 months</li> </ul>   |
| <b>Diabetes IVR/Text Program</b>     | <ul style="list-style-type: none"> <li>• Scheduled Interactive Voice Response or text message education</li> <li>• IVR/text schedule: 1 call/text a week or 1 call/text every 30 days</li> </ul>  |
| <b>Diabetes Health Coaching</b>      | <ul style="list-style-type: none"> <li>• Telephonic outreach with a UCare or Cecelia Health health coach</li> <li>• Partner to discover barriers, vision for the future, establish behavior change goals, empower to achieve goals</li> <li>• Average 1 call a month for 6 months</li> </ul>  |
| <b>Heart Failure Health Coaching</b> | <ul style="list-style-type: none"> <li>• Telephonic outreach with a UCare health coach</li> <li>• Partner to discover barriers, vision for the future, establish behavior change goals, empower to achieve goals</li> <li>• Average 1 call a month for 6 months</li> </ul>  |
| <b>Migraine Management Program</b>   | <ul style="list-style-type: none"> <li>• Telephonic outreach with a UCare health coach</li> <li>• Partner to discover barriers, vision for the future, establish behavior change goals, empower to achieve goals</li> <li>• Average 1 call a month for 6 months</li> </ul>  |

\*All programs are Adults 18+ except noted with asthma programs

## Disease Management Eligible Products

|                               | Connect | Connect + Medicare | Medicare – Fairview North Memorial | Medicare | MNCare | MSC+ | MSHO | PMAP | UCare Fairview IFP | UCare IFP |
|-------------------------------|---------|--------------------|------------------------------------|----------|--------|------|------|------|--------------------|-----------|
| Asthma IVR/Text Program       | X       | X                  |                                    |          | X      |      |      | X    | X                  | X         |
| Asthma Education Program      | X       | X                  |                                    |          | X      |      |      | X    | X                  | X         |
| Brook Health Companion App    | X       | X                  | X                                  | X        | X      | X    | X    | X    | X                  | X         |
| CKD Program                   | X       | X                  | X                                  | X        | X      | X    | X    | X    | X                  | X         |
| COPD Program                  | X       | X                  | X                                  | X        | X      | X    | X    | X    | X                  | X         |
| Diabetes At-Risk IVR          | X       | X                  | X                                  | X        | X      | X    | X    | X    | X                  | X         |
| Diabetes Health Coaching      | X       | X                  | X                                  | X        | X      | X    | X    | X    | X                  | X         |
| Heart Failure Health Coaching | X       | X                  | X                                  | X        | X      |      |      | X    | X                  | X         |
| Migraine Management           | X       | X                  |                                    |          | X      | X    |      | X    |                    |           |

**Language Assistance Services:** UCare provides translated documents and spoken language interpreting free of charge.