

## UCare Disease Management Programs 2022

Program	Description	
<b>Diabetes At-Risk IVR</b>	<ul style="list-style-type: none"> <li>Scheduled Interactive Voice Response or text messaging education</li> <li>Full program: 1 call/text a week</li> <li>Maintenance program: 1 call/text every 30 days</li> </ul>	
<b>Diabetes Health Coaching</b>	<ul style="list-style-type: none"> <li>Telephonic outreach with health coach</li> <li>Partner with member to discover barriers, vision for the future, establish short/long term behavior change goals, empower to achieve goals</li> </ul>	<ul style="list-style-type: none"> <li>Average 1 call a month for 6 months</li> <li>FoodRx program eligibility (food box + health coaching for PMAP/MNCare members in Metro area)</li> </ul>
<b>Diabetes/Hypertension Brook App</b>	<ul style="list-style-type: none"> <li>Mobile app for help with managing diabetes and/or hypertension (<a href="http://ucare.org/brook">ucare.org/brook</a> to download)</li> <li>In app health coaching, medication reminders, blood pressure or blood sugar check reminders</li> </ul>	
<b>Heart Failure Health Coaching</b>	<ul style="list-style-type: none"> <li>Telephonic outreach with health coach</li> <li>Partner with member to discover barriers, vision for the future, establish short/long term behavior change goals, empower to achieve goals</li> </ul>	<ul style="list-style-type: none"> <li>Average 1 call a month for 6 months</li> <li>FoodRx program eligibility (food box + health coaching for PMAP/MNCare members in Metro area)</li> </ul>
<b>Heart Failure Medtronic Telemonitoring</b>	<ul style="list-style-type: none"> <li>Daily monitoring assessing daily weight and HF symptoms via tablet</li> <li>Monthly RN calls</li> </ul>	
<b>Medtronic At Home Monitoring Program</b>	<ul style="list-style-type: none"> <li>PMAP/MNCare members with CAD, CHF, COPD, diabetes, hypertension</li> <li>Daily monitoring assessing daily weight and HF symptoms via tablet</li> <li>Monthly RN calls</li> </ul>	
<b>Asthma IVR/Text Program</b>	<ul style="list-style-type: none"> <li>Scheduled Interactive Voice Response or text messaging education</li> <li>Children and adults</li> </ul>	<ul style="list-style-type: none"> <li>Full program: 1 call/text a week</li> <li>Maintenance program: 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 asthma educator</li> <li>Assessment of self-monitoring, self-management, and medication adherence</li> </ul>	<ul style="list-style-type: none"> <li>Asthma Action Plan</li> <li>Children and Adults</li> <li>Average 1 call a month for 6 months</li> </ul>
<b>Migraine Management</b>	<ul style="list-style-type: none"> <li>Telephonic outreach with health coach</li> <li>Partner with member to discover barriers, vision for the future, establish short/long term 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 Advantage-MN	MNCare	MSC+	MSHO	PMAP	UCare Fairview IFP	UCare IFP
<b>Diabetes At-Risk IVR</b>	X	X	X	X	X	X	X	X	X	X
<b>Diabetes High-Risk Health Journey</b>	X	X	X	X	X	X	X	X	X	X
<b>Heart Failure At-Risk Health Journey</b>	X	X	X	X	X			X	X	X
<b>Heart Failure High-Risk Medtronic Tele-monitoring</b>	X	X	X	X	X	X	X	X	X	X
<b>Asthma At-Risk IVR</b>	X	X			X			X	X	X
<b>Asthma High-Risk Asthma Action Program</b>	X	X			X			X	X	X
<b>Migraine Management</b>	X	X			X	X		X		