

Live Healthier with Medical Mutual's Disease Management Programs



MEDICAL MUTUAL®



We all have goals. Finish the back nine. Enjoy an evening walk. Plant and harvest a garden. If you're living with a chronic condition like diabetes or heart disease, reaching these simple goals might seem impossible. Medical Mutual wants to help you make the impossible possible.

If you are diagnosed with one or more of the following conditions, you may qualify for our Disease Management programs. Joining a program may help you maintain or improve your health:

- Asthma
- Chronic obstructive pulmonary disease (COPD)*
- Congestive heart failure*
- Coronary artery disease*
- Diabetes

Benefits of Our Programs

When you enroll in a program, you'll receive personal one-on-one support from a health coach who is dedicated to helping you learn more about your condition and how to manage it. He or she will work with you over the phone to create a plan designed for your individual needs. Your doctor will continue to treat you; your health coach will offer guidance to complement your doctor's treatment plan.

Based on your condition, you may also receive an in-home monitoring device to help you track and manage your day-to-day health. Other benefits may include tobacco cessation assistance through our QuitLine program and 100 percent coverage of diabetes testing supplies, such as meters, strips and lancets, if needed.

Enroll Today

Call us at (800) 861-4826 and select option 2 to check eligibility and enroll. Representatives are available Monday through Friday from 9 a.m. to 9 p.m., and Saturday from 9 a.m. to 6 p.m.

These recommendations are for your information only. They do not take the place of your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.

**Not available to members in on- or off-exchange Affordable Care Act (ACA) plans.*



Medical Mutual

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