

Think healthy. Act healthy. Stay healthy.

# SoundLivingnews

WINTER 2006

## New! Managing a Chronic Condition

The Sound Partnership is committed to helping you manage your health. Beginning January 1, 2006, a new benefit will be available to help those individuals with known medical illnesses like diabetes, asthma or heart disease, effectively manage their chronic condition. You and your eligible dependents, enrolled in a medical plan sponsored by The Sound Partnership, will be able to take advantage of disease management to help you care for your own disease and improve the quality of your life. Some of the disease management services include disease-specific educational information, Internet tools and personalized support.

In addition, disease management helps reduce your overall health care costs as well as overall costs to The Sound Partnership. It's just one more tool that The Sound Partnership provides to help you think healthy, act healthy and stay healthy.

Below are brief descriptions of the disease management services available from each of The Sound Partnership medical plans:

### PacifiCare

PacifiCare disease management services will be administered by Alere Medical Inc. Alere provides the following tools and resources for patients with these chronic conditions:

**Asthma:** A comprehensive program for children and adults which includes

education around identifying and avoiding what causes an attack. The program helps to encourage positive behavior changes and provide comprehensive medication information.

**Chronic Obstructive Pulmonary Disease:** This program focuses on individualized action plans to help manage respiratory symptoms and reduce or eliminate risk factors, such as smoking.

**Coronary Artery Disease/Stroke:** This program is for patients with cardio-vascular disease. The focus is on reducing cardiac risk with medication, lifestyle changes and smoking cessation.

**Congestive Heart Failure:** This program monitors a patient's risk and symptoms of heart failure.

**Diabetes:** The focus of this program is to improve quality of life and reduce the chance of complications due to diabetes.

Details about PacifiCare's disease management program will be coming in February. Go online to [www.alere.com](http://www.alere.com) or call Alere at 1-888-442-5373 or PacifiCare at 1-800-908-9185.

## Think healthy. If You Get a Call

A registered nurse from your medical plan's disease management program may call if there's an indication that you have a high-risk condition such as asthma, diabetes or back pain. *If you do get a call, your participation is completely voluntary.*

Keep in mind, the disease management program is there to help you stay as healthy as possible. It's a service through your medical plan that ensures you have medical information and motivation to take the best care of yourself. There's no cost to you for participating and your health information is never given out to any third party without your permission.



## Regence BlueShield

Regence BlueShield disease management services will be provided through Advicare. Advicare encourages patients to take a more active and responsible role in self-care—ideas for how to take care of yourself. It emphasizes the importance of following doctor recommendations and treatment plans for patients, and includes tools and resources such as:

- Activity logs to help track tests, exams, and medications (dosage and frequency)
- Quarterly newsletters and/or reminder letters
- Educational resources, such as disease-specific workbooks or care guides

Regence disease management covers the following chronic conditions:

- **Asthma**
- **Chronic Back Pain**
- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Coronary Artery Disease**
- **Diabetes**
- **Impact conditions** (such as acid-related stomach disorders, fibromyalgia, hepatitis C and more)

Details about Regence's disease management program will be coming in the mail this month if you are identified as being eligible for disease management services. For more information go online to [www.wa.regence.com/provider/advicare/](http://www.wa.regence.com/provider/advicare/) or call 1-866-782-7241.

# Act healthy.

## Did You Know?

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**Chronic Obstructive Pulmonary Disease or COPD** is a slowly progressive disease of the airways, characterized by a gradual loss of lung function.

**Congestive Heart Failure** is a condition in which the heart can't pump enough blood to the body's other organs.

**Coronary Artery Disease** occurs when the arteries become hardened and narrowed due to the buildup of plaque on the inner walls or lining which can lead to angina or a heart attack.

## Group Health Cooperative (GHC)

GHC offers disease management services and provides support through a number of resources, such as the Group Health Resource Line, for patients with the following chronic conditions:

- **Asthma**
- **Breast care**
- **Chronic Obstructive Pulmonary Disease**
- **Chronic pain management**
- **Congestive Heart Failure**
- **Coronary Artery Disease**
- **Depression**
- **Diabetes**
- **High-risk pregnancy**
- **HIV/Aids**
- **Low back pain/musculoskeletal**
- **Obesity**
- **Oncology**
- **Smoking cessation**

There are a number of ways to receive information from GHC about these chronic conditions:

- **Group Health Resource Line:** 1-800-992-2279
- **[www.ghc.org](http://www.ghc.org):** Health tools and quizzes, discussion groups for depression, diabetes, heart disease, Healthwise Knowledgebase
- **Living Well with Chronic Conditions Workshops:** Free six-week workshops to help improve your life. Sign up online at [www.ghc.org](http://www.ghc.org) or call the resource line.
- **Consulting Nurse Service:** 1-800-297-6877

**For more information about disease management and how it can improve the quality of your life, visit The Sound Partnership website at [www.tacoma.k12.wa.us/sound](http://www.tacoma.k12.wa.us/sound) in February.**

## Questions About Your Condition?

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If you or a family member suffers from a chronic condition and have not received information about your plan's disease management services, contact your medical plan directly:

- **PacifiCare:** 1-800-932-3004
- **Regence BlueShield:** 1-866-782-7241
- **GHC:** 1-888-901-4636

# Stay healthy.