

# Chronic Condition Management Plus

Multi-condition support for members with chronic conditions

Chronic conditions like diabetes and hypertension are costly and highly prevalent. Six in ten adults in the United States have at least one chronic condition.<sup>1</sup> Premera Blue Cross offers a full collection of virtual chronic condition management solutions to support members with pre-diabetes, diabetes, and hypertension.

## Multi-faceted program design

Chronic Condition Management Plus takes a comprehensive approach. Whichever program a member is enrolled in, they will receive support for their primary condition, standard weight management, and digital mental health services.



**Comprehensive** approach across multiple conditions



**Improved** outcomes and **reduced** total cost of care



**Holistic support** includes mental health and weight management



**Streamlined** single price point for multiple conditions

<sup>1</sup>"Living with a Chronic Condition." Centers for Disease Control and Prevention, [www.cdc.gov/chronic-disease/living-with/index.html](https://www.cdc.gov/chronic-disease/living-with/index.html). Accessed 11 July 2024.

<sup>2</sup>Joo, Jee Young. "Fragmented Care and Chronic Illness Patient Outcomes: A Systematic Review." Nursing Open, U.S. National Library of Medicine, June 2023, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10170908/>

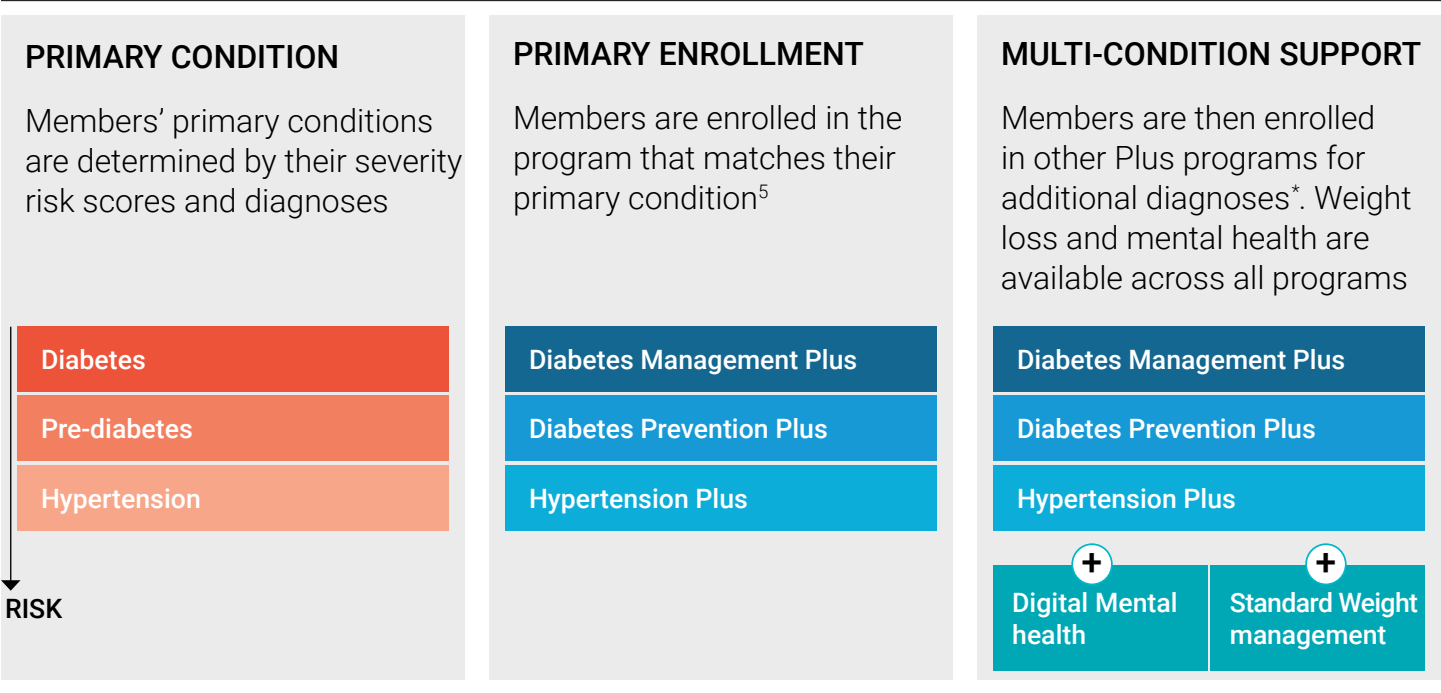
<sup>3</sup>Fully insured groups with 500+ subscribers can add additional Plus programs.

<sup>4</sup>OptiFlex groups 100+ subscribers can add additional Plus programs.

<sup>5</sup>If an employer hasn't purchased the Plus program that the member is eligible for based on their primary condition, they have no entry point. When employers purchase a program that is a member's anchor condition, the member can also access Plus programs for their other conditions even if the employer hasn't purchased the additional programs. Mental health is available across all programs.

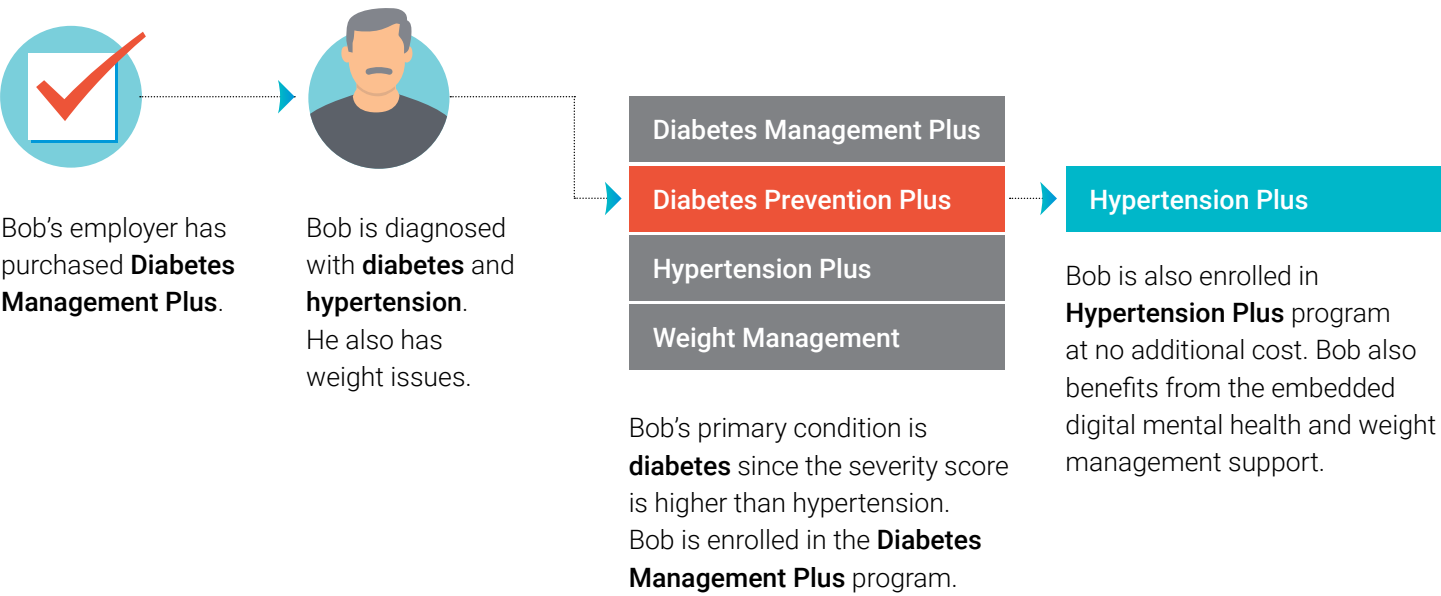
# How Plus programs work

Programs and multi-condition support are based on the primary condition with the highest severity.



## Getting started

Members are enrolled based on the member's primary diagnosis and the programs purchased by the group.



Primary condition: Determined by severity risk score and diagnosis

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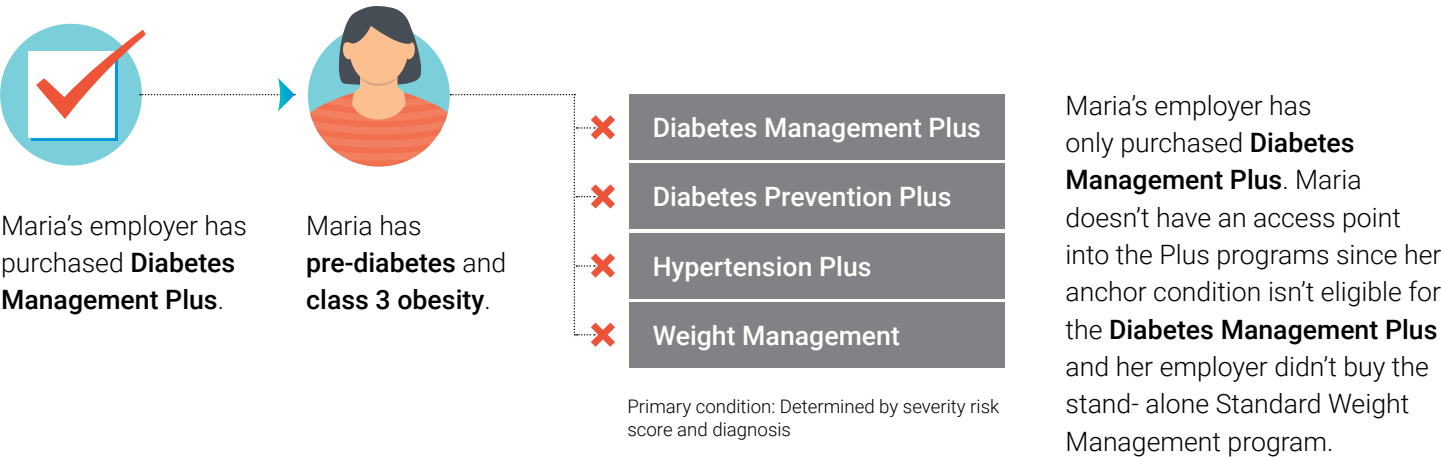
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Getting started continued



Chronic Condition Management Plus access

**Fully insured**    Diabetes Management Plus included as part of your plan<sup>3</sup>.

**OptiFlex**    Diabetes Management Plus included as part of your plan<sup>4</sup>.

**Self-funded**    Buy up option. One or more of the Plus programs can be added to your plan.

Contact your Premiera account representative for more information.

<sup>1</sup> "Living with a Chronic Condition." Centers for Disease Control and Prevention, [www.cdc.gov/chronic-disease/living-with/index.html](https://www.cdc.gov/chronic-disease/living-with/index.html). Accessed 11 July 2024.

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