

# Our new approach treats the whole person, not just the disease

## CHRONIC CONDITION SUPPORT

*For groups on a self-funded Premera medical plan*

**Six in ten adults are living with a chronic condition in the United States<sup>1</sup>.** Of those individuals, 91 percent of them say they need more help managing their condition<sup>2</sup>. Often the stress and cost of daily management is overwhelming and filled with hassles. Premera Blue Cross is about to change that.

### Treating the person, not the disease

Premera offers a comprehensive chronic condition support program. This program supports your employees who are at risk of developing diabetes, those who are working daily to manage their condition, and those who are managing hypertension. The program provides solutions to make healthcare simple and easy. It's just another way Premera is making healthcare work better for your employees.

### Chronic condition support goes beyond just diabetes care

Going beyond diabetes prevention, our chronic condition support program includes diabetes management, diabetes prevention, and hypertension management.

Our chronic condition support program helps your business by offering your employees:

- Personal health support from expert coaches
- Management and strategy support
- Connected technology that deliver real-time results and remote monitoring
- Continuing educational content support

PREMERA | 

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<sup>1</sup> National Center for Chronic Disease Prevention, Centers for Disease Control and Prevention, 2018.

<sup>2</sup> Strengthening Chronic Care West Chronic Disease Report. 2017.

# CHRONIC CONDITION SUPPORT PROGRAM

See the features of each program



## DIABETES PREVENTION OPT-OUT

A digital program designed to build healthy lifestyle behaviors and promote weight loss using clinically proven protocols recognized by the Centers for Disease Control and Prevention (CDC)

Through the 12-month, expert-led digital program, members learn and practice simple lifestyle changes that can help reverse their risk for diabetes.

The program includes:

- Cellular scales
- 1:1 live coaching
- Health missions



## HYPERTENSION OPT-OUT

Enables participants to monitor their blood pressure remotely; compare their blood-pressure readings over time; schedule a call with a health coach; and share their results with family members, friends, or healthcare providers.

The program includes:

- Cellular-enabled blood pressure cuff
- Tips on healthful living
- Unlimited 1:1 coaching live or via text
- Medication adherence tracking



## DIABETES MANAGEMENT OPT-OUT

Provides members with personalized, actionable, and timely support to drive lasting positive outcomes for Types 1 and 2 diabetics. The program includes:

- Easy-to-share health summary reports for care coordination
- Cellular meter with real-time feedback for glucose readings
- Unlimited strips and lancets
- Health challenges
- Unlimited 1:1 coaching live or via text
- 24/7 remote monitoring with emergency outreach

For more information contact your Premera account manager.