

Programs to help address diagnoses



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Over the last couple of years, conversations on topics regarding health issues, health risk and disease have been forefront in our nation. Since the onset of the COVID-19 pandemic, many have also faced new challenges related to underlying health illnesses. During the pandemic, many have struggled to manage their conditions or improve their health outcomes.

Although many people are resilient and have been able to adapt, others may feel overwhelmed and struggle to cope with the unknown. Understandably, a diagnosis that includes the word “disease” or indicates a serious health problem may be hard to accept and leave one with fear and uncertainty.

According to the Centers for Disease Control and Prevention, 6 in 10 adults

in the United States have a chronic disease, and 4 in 10 adults have two or more diseases.

Whatever situation you find yourself in, whether you receive a new diagnosis or have an existing condition that you feel has been intensified due to life events, we want to help. You are not powerless or alone with the Health Benefit Plan on your side.

I would like to share a few programs that we offer that I believe can help each member focus on risk factors and take control of his or her life.

If you have a chronic health condition, Your Health First is a coaching telephonic or online program that is available at no extra cost to you.

Connect with a dedicated health advocate—an individual with nurse training, a health educator or a behavioral health specialist—or access the 24/7 online support that offers articles and podcasts on hundreds of health topics to help you better understand your condition and make more informed treatment decisions.

Health advocates focus on your unique health needs, preferences and goals. Your Health First coaching includes health and wellness coaching, treatment decision support and lifestyle management coaching.

It is a free, confidential resource to help you with conditions such as:

- Asthma
- Heart disease
- Coronary artery disease/peripheral arterial disease
- Congestive heart failure
- Osteoarthritis
- Type I and Type II diabetes
- Lower back pain
- Chronic obstructive pulmonary disease (COPD)
- Metabolic syndrome
- Behavioral concerns: depression, anxiety, bipolar disorder

Another great part of this program is that you can earn \$50 in health savings rewards as a High Option member, or \$30 as a Consumer Driven or Value Option member once you achieve your health goals.

To talk to a health advocate, High Option members can call 877-220-6252. Consumer Driven or Value Option members can call 855-511-1893. You also can visit nalchbp.org for information and self-help resources.

Another great program I would like to highlight is Accordant Health Management. Through this program, we offer assistance to those with complex chronic medical conditions such as:

- Amyotrophic lateral sclerosis (ALS)
- Crohn’s disease
- Cystic fibrosis
- Dermatomyositis
- Hemophilia
- Hereditary angioedema
- Human immunodeficiency virus (HIV)
- Multiple sclerosis (MS)
- Parkinson’s disease
- Rheumatoid arthritis
- Seizure disorders (epilepsy)
- Sickle cell disease
- Ulcerative colitis

We believe that you should find the help you need to manage your condition at no extra cost to you. Join the program and connect with a nurse to learn more. Contact Accordant Health Management programs at 844-923-0805 for more information.

Another major life event that some may encounter is a diabetes mellitus diagnosis. Unfortunately, this is also considered a disease and could affect your health long-term. Upon receiving this diagnosis, you may feel many emotions, or feel at a loss at how to handle the new path on your journey.

Again, we are here to help. The Transform Care Diabetes Program is available and free to all members diagnosed with Type I or Type II diabetes.

This program helps deliver better overall care and lower costs for members with diabetes. Your enrollment in this program includes a connected glucometer, unlimited test strips and lancets, medication therapy counseling from a pharmacist, two annual diabetes screenings at a CVS MinuteClinic® and a suite of digital resources through the CVS mobile app, all at no cost. Please call CVS Caremark® at 800-933-6252 for more information.

As a reminder, don’t forget to complete your health risk assessment for 2022 and earn incentives upon completion. Although it may seem like an insignificant task or not worth your time, this questionnaire can be used to evaluate your overall health, lifestyle choices and identify risk essential to your well-being.

Please don’t procrastinate; take another step toward a healthier you.