



Disease Management Program

Trusted support on your side.

If you find it difficult to manage your ongoing health condition and would like one-on-one support, the Disease Management program may be right for you. The program will connect you with a dedicated nurse who will work with you over the phone to develop a personalized action plan to reduce risk factors and may help you save on out-of-pocket medical expenses.

Working with your nurse, learn how to better manage and improve your health by:

- Developing a personalized plan to improve your health
- Taking steps to control your risk factors (such as high cholesterol, high blood pressure, diabetes, excess weight, smoking or lack of exercise)
- Understanding your treatment options
- Preparing for doctor visits
- Reducing risk factors and unnecessary hospitalizations to help you save on health care expenses

Get on track to better health

Your nurse will teach you tips to help to slow the progression of your disease and live a healthier life through one-on-one coaching via regular phone calls. In addition to phone calls from your nurse, you'll also receive educational materials with tips to help you feel more confident about managing your condition, more comfortable about your treatment and more in control of your health.



This program is included in your health care benefits plan.
For more information about our Disease Management program, please contact UHC at the number on the back of your ID card.