



chronic care management

helping you manage your condition

Gilsbar's Chronic Care Management program is designed specifically to help employees and spouses manage certain diagnosed conditions. Nurses are available to provide assistance for ongoing healthcare compliance and to work in partnership with your provider to ensure quality of care. **We're here to help!**

WHICH CHRONIC CONDITIONS ARE MANAGED THROUGH THE PROGRAM?

- Asthma
- Diabetes Mellitus
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Hypertension
- Metabolic Syndrome

HOW DOES THE PROGRAM IDENTIFY INDIVIDUALS FOR PARTICIPATION?

Gilsbar's nurses review your claims, medication data, and, if available, lab/health risk assessment (HRA) results, to identify employees, spouses, and dependents who have one of the conditions listed above and may benefit from this program. This review is protected private health information and is NOT shared with your employer. Also, as a participant, you can contact Gilsbar's nurses and request to be enrolled in the Chronic Care Management program at any time. **Any contact you have with Gilsbar's Chronic Care Management nurses is completely confidential and is NOT shared with your employer.**

WHAT CAN I EXPECT FROM THIS PROGRAM?

A Chronic Care Management nurse may contact you to enroll in the program, or you can call 1-888-728-7843 to enroll or email nurseeducators@gilsbar.com. As a participant, you will have access to a registered nurse to assist you with any questions or concerns for managing your condition. You will receive periodic mailings and emails with educational and support materials specific to your condition. Your nurse will let your doctor know of your participation in the program, and may contact your physician to keep him/her informed of any conversations that may require additional follow-up.

HOW CAN THIS PROGRAM HELP?

Here's an example of how a chronic care management program can help: if you are diagnosed with diabetes, your chronic care management nurse will provide tools for tracking blood sugar and will contact you periodically to check your health status and testing frequency. Your nurse will help you monitor your diet and manage any complications. If you have a change in medicine or supplies, your chronic care management nurse can help you identify discounted options and resources.

WHAT'S THE COST?

Should you choose to enroll in the program...it's completely **FREE!** **There is no cost to you for this benefit.**

QUESTIONS?

For more information or to speak with a Gilsbar nurse, call **1.888.728.7843** or email nurseeducators@gilsbar.com.