



Improving health outcomes through education and evidence-based guidelines

Managing Prevalent Conditions

Asthma

Chronic kidney disease (CKD)

Chronic pain

(osteoarthritis, rheumatoid arthritis or low back pain)

Coronary artery disease (CAD)

Congestive heart failure (CHF)

Chronic obstructive pulmonary disease (COPD)

Diabetes

Hyperlipidemia

Hypertension

American Health's **URAC-accredited** Disease Management program targets nine prevalent conditions for which evidenced-based guidelines are established to impact health and measure improvements.

Members with chronic conditions are identified through an advanced predictive modeling system and, once enrolled, work one-to-one with a dedicated nurse health coach.

All of American Health's Disease Management nurse health coaches are registered nurses who have been trained in motivational interviewing techniques. Nurse health coaches identify participants' confidence and ability to self-manage their condition using the Patient Activation Measure® assessment, developed by Insignia Health. They then help participants set individualized goals using Insignia's Coaching for Activation® behavioral change model.

- Program Highlights -

Advanced predictive modeling identifies individuals with chronic conditions

Nurse health coaches use motivational interviewing techniques to empower individuals to self-manage their conditions

Our director of disease management and wellness assists in developing a plan for optimal program engagement

Cost-savings methodology accredited by third party, SCIO Health Analytics

Transitional DM available for clients who do not have historical claims data

POPULATION HEALTH — MANAGING MEMBER RISK

Utilizing nurse coaches and clinically proven tools to change the behavior of high-risk members identified via predictive modeling, Disease Management is one of three products available in our Population Health Management solution.

Wellness
Performance-Based Wellness
Disease Management



ACCREDITED
Health Utilization Management
Expires 11/01/2020



ACCREDITED
Case Management
Expires 11/01/2020



ACCREDITED
Disease Management
Expires 11/01/2020