

PreferredOne

*Wellness Programs*

*and*

*Disease Management*

2007



# PreferredOne Disease Management

## **PreferredOne Disease Management and Wellness Programs**

PreferredOne believes that to positively impact medical utilization and promote healthy behavior Disease Management and Wellness Programs need to be offered to our membership.

To accomplish this PreferredOne has implemented the following programs that the PreferredOne membership can participate in:

- Wellness Initiatives for Preventive Care
- Free & Clear Tobacco Cessation Program
- TRALE Health Risk Assessment
- Accordant Rare Disease Management Program
- LifeMasters Disease Management Program
- PreferredOne Healthy Mom & Baby Program



# PreferredOne Preventive Care Programs

The PreferredOne Medical Quality Management and Case Management Departments have implemented programs to educate PreferredOne members about preventive health, the prescription medications they are taking and how to manage their chronic conditions. These programs are focused on:

Women's Health

Men's Health

Adolescent Immunizations

Hypertension

Depression

Migraine Headaches

Diabetes



## Preventive Care and Wellness Initiatives

Partnership with Advantage Health to provide biometric screenings, onsite, online and print Wellness Programs and discounts on fitness equipment.

New parents of infants are sent a congratulatory letter with a schedule of well baby exams.

The PreferredOne Walking Program is a “how to” guide for starting and maintaining a personal walking plan.

PreferredOne is a major sponsor of the yearly Get In Gear Run/Walk.

MidWest EAP is available for medical, behavioral health and legal consultation.

TRALE Health Assessment available on line for all PreferredOne members.

Health Resources available through the PreferredOne web site.



## Preventive Care and Wellness Initiatives

Periodic health wellness e-mail tips sent to employer group contact person to be shared with staff.

Discounts are offered to all PreferredOne members on 2nd Wind exercise products and the OnLine WeightWatchers Program.

Discounted flu shot vaccines offered through partnerships with various flu shot vendors.

“Lunch and Learn” sessions presented by P1 medical professionals.

Blood pressure and body mass screenings available for company health fairs.

Discounted subscription to “The Well Workplace” newsletter.

Discounted monthly membership fee at LifeTime Fitness Clubs



# Disease Management Programs

## AccordantCare



PreferredOne has partnered with *Accordant Health Services* to offer effective disease management services for members who suffer from chronic, progressive conditions including:

Rheumatoid Arthritis	Hemophilia	Parkinson's Disease
Scleroderma	Lupus	Myasthenia Gravis
Polymyositis	ALS	Sickle Cell Disease
Cystic Fibrosis	CIPD	Multiple Sclerosis
Dermatomyositis	Gaucher Disease	Crohn's Disease

## LifeMasters Self Supported Disease Management Program

PreferredOne uses the services of LifeMasters to offer Disease Management Programs for:

Asthma	Chronic Obstructive Pulmonary Disease (COPD)
Diabetes	Congestive Heart Failure (CHF)
Low Back Pain	Coronary Artery Disease (CAD)





# Maternity Programs



## **PreferredOne Healthy Mom & Baby Program**

The program goal is to prevent or reduce pre-term labor and delivery and educate the member about what to expect during their pregnancy.

- Opt-in program by either self referral or invitation into the program
- Introductory letter and high-risk survey is mailed to the mom along with a gift of “The Mayo Guide to A Healthy Pregnancy.”
- Program nurse contacts the expectant mother addressing potentially high risk areas and other questions or concerns
- Once a month phone, mail or e-mail contact made by the maternity nurse.
- Member has 24/7 access to a maternity nurse phone line.
- \$25 Target gift card available upon completion of the program.

**CareAssist NeoNatal Program** in the event of a premature birth that results in a NICU stay.





# Tobacco Cessation Program



## **Free and Clear Tobacco Cessation Program**

PreferredOne offers **Free and Clear Tobacco Cessation Program** to employer groups who would like to help their employees stop smoking.

- Opt - in self referral program
- Personalized over the phone counseling
- Member and counselor design a quit plan together
- Program is in effect for one year
- Unlimited phone access during the life of the program
- Twelve month quit rates range from 25-30%



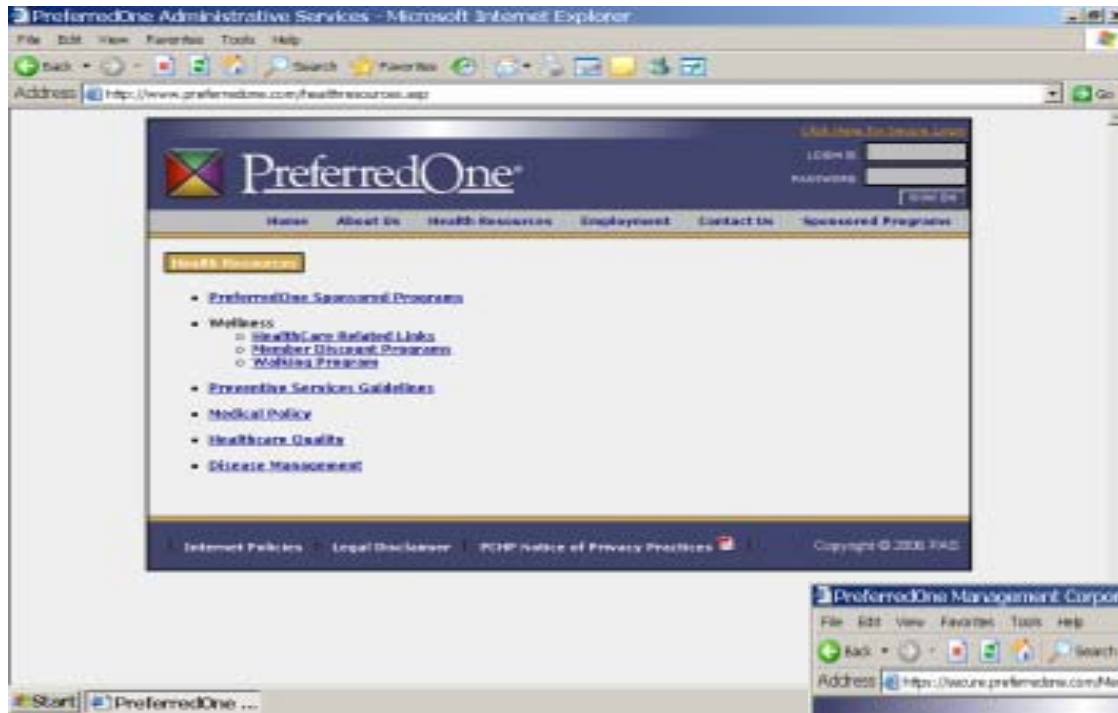
# Health Risk Assessment

## TRALE Health Risk Assessment



PreferredOne has partnered with *TRALE Explorer*, a comprehensive, Web-enabled or paper scorecard **HRA** program to help members identify their current health issues as well as their future health status.

- *TRALE Explorer* is a self-scored appraisal with immediate results when done online.
- The member receives a personal health score and information about their current health as well as advice for making healthier lifestyle choices.
- The HRA remains accessible to the employee for one year so that they may input positive lifestyle changes made during the year.
- Health coaching is available as an add on option.
- Paper-scoring is available if Web access is not available.
- Employer aggregate reports are available throughout the year at any time by accessing the TRALE employer portal.



The PreferredOne Member Web Site offers links to accredited and recommended medical web sites, preventive care guidelines and costs associated with their medical care as well as other member education information.

Through the PreferredOne web site members can take advantage of discounted programs through Weight Watchers and 2nd Wind Exercise Equipment. They can also try the TRALE HRA on a free onetime basis.





PreferredOne

*The greatest wealth is health -  
Virgil*