

health management programs

Here's a suite of health-management programs to help members get practical resources and support at no additional charge. Participation does not affect coverage in any way, and all information is kept confidential. You can play an active role in managing your health with prevention and self-management programs.

Prenatal Program

Guides expectant parents from the first trimester to postnatal care and offers practical advice and useful information, including a prenatal care book and newsletter.

Chronic disease management

From managing asthma to monitoring diabetes, these programs provide our members with chronic conditions with educational resources and strategies so they can improve and manage their condition and feel better.

- Asthma Program
- Diabetes Program
- Coronary Artery Disease (CAD) Program
- Heart Failure Program
- Chronic Obstructive Pulmonary Disease (COPD) Program

Care management

Eligible members with severe chronic conditions have access to a variety of programs and services to help better manage, monitor, and control their conditions. Some of the services include direct interactions with an assigned care manager who contacts members in person and by telephone to help them coordinate their medical care and related issues, and provide referrals to community resources and support.

- LifeMAP and Guided Imagery (only available to California residents)
- Neonatal Intensive Care Unit (NICU) Case Management Program
- Complex and Chronic Complex Case Management Programs
- Catastrophic Injury Case Management Program
- Transplant Program