



# Disease Management Program

Disease Management is a service provided for members with Heart Failure and Diabetes. In some cases nurse case managers contact you by telephone to work with you to help you manage and learn about these diseases. These services are provided to you at no additional cost and participation is voluntary.

The program includes:

- Telephone calls and educational materials to help you learn about your disease and make help you make health lifestyle choices
- Assistance to help you follow your doctor's instructions
- Assistance to help you get services that may help you manage your condition
- Helping you learn what to ask your doctor so you understand their instructions
- Helping your caregiver understand how to assist you in managing your disease

You can be identified as a candidate for disease management programs in a number of ways, such as claims, pharmacy or laboratory information. You, a family member, or your doctor can also call us to start disease management services.

If you need help, call Case Management at (786) 437-5252  
or toll free at (855) 445-1444, TTY 711

Monday through Friday from 8:00 am to 5:00 pm, local time.

*Medica Healthcare is insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.*

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