

A health and benefits program of Christian Brothers Services

Maintaining *your health*



Chronic Condition Management

The Maintaining Your Chronic Condition Management Program is a URAC-accredited program offered through American Health Holdings (AHH) that targets eight prevalent conditions for which evidence-based guidelines are established to impact health and measure improvements.

Nurse Coaches are trained in motivational interviewing techniques and utilize the clinically proven Patient Activation Measure™ to assess participants' ability and confidence to empower individuals to self-manage their conditions.

The Nurse Coaches work one-to-one with participants and employ the Coaching for Activation™ model to set behavior-change goals and action steps tailored to each individual's capability. By educating and motivating participants, Nurse Coaches help reduce gaps in care and assist members in realizing better health, which results in reduced claims and increased member productivity.

Members receive disease-specific equipment as appropriate, such as a glucose meter or blood pressure cuff, which is enabled to automatically send data to AHH, thus eliminating the need for self-reporting test results.

Empowering Healthy Behavioral Change through Individualized Coaching

Members with chronic conditions are identified through an advanced predictive modeling system and, once enrolled, work one-to-one with a dedicated Nurse Coach. The program focuses on the following common prevalent chronic conditions:

- Asthma (pediatric and adult)
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Pain (from osteoarthritis, rheumatoid arthritis or low back pain)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Diabetes (pediatric and adult)
- Hyperlipidemia (high cholesterol)
- Hypertension (high blood pressure)



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For more information on the Chronic Condition Management Program,
and to talk with a Nurse Coach, call **866.478.0552**.