

Stay Healthy With Our Support

Disease Management Program



Your health plan's Disease Management program can help you control chronic conditions. This phone-based benefit is available at no cost to you.

Personalized Support

Highly trained coaches – including nurses, dietitians, certified diabetes specialists and licensed counselors – provide one-one-one guidance and education for a range of conditions that include:

- ✓ Congestive heart failure
- ✓ Coronary artery disease
- ✓ Diabetes
- ✓ Asthma
- ✓ COPD
- ✓ Depression

What to Expect

Your care coach will call you at least once a month to discuss your health goals and concerns. They'll also work with you and your provider to help put into place a personalized care plan. You can choose call times that are best for you, including after normal business hours or on weekends.

Length of Program

You're enrolled in the program for up to one year or until your personal health goals are achieved and you're comfortable moving forward on your own.

Learn About Eligibility & Enrollment

- Call the member number on your Benefits ID card.
- Email mycoach@imagine360.com.

**Participation in this program is optional and you can change your level of participation anytime. For more information regarding your rights and responsibilities with this program, please refer to your health plan's website or call the number on your Benefits ID card.*

24/7 access to your health benefits: miBenefits.imagine360.com

We're here to help. Call the number on your Benefits ID card.
Mon - Thurs: 7 a.m. – 9 p.m. CT | Fri: 7 a.m. – 7 p.m. CT

