

# Managing for Tomorrow<sup>®+</sup>



## Start Today

Joining *Managing for Tomorrow* is voluntary. We hope you will take advantage of this valuable health program. Our goal is to help you live a healthier life — and this program will help achieve that goal.

*Managing for Tomorrow* does not replace the medical care you receive from your doctor. Always check with your doctor before following any medical advice.

*Call today*

**1-800-652-3076**

A

program for PAI members living with diabetes, heart disease or chronic respiratory conditions

**PAI**

**Planned Administrators  
Incorporated**

[www.paisc.com](http://www.paisc.com)

# Managing for Tomorrow

Making the lifestyle changes necessary to manage a chronic condition can be difficult. For example, most people struggle with maintaining proper diet and exercise plans. *Managing for Tomorrow* can help you on your path to better health.

Being a good self-manager starts with understanding your condition and your doctor's plan of care.

*Managing for Tomorrow* is designed to help members with diabetes, heart disease or chronic respiratory conditions. You will receive personalized information and tools tailored



to your situation to help you learn more about your condition and ways to improve your health. Family members covered by your health plan may also enjoy this program.

By improving your self-management skills and by following your doctor's plan of care, you can help control your symptoms. Most important, you can delay or even prevent many of the complications of a chronic condition by taking care of yourself today.

## Getting Started Is Easy

If you or a family member is eligible to participate in *Managing for Tomorrow*, you will receive a letter in the mail or a telephone call inviting you to take a simple health survey. If you have diabetes, heart disease or a chronic respiratory condition and are not contacted, you can still participate by calling us.

Your survey answers will help us provide healthcare information tailored just for you! You may also receive additional health-related materials, such as personalized health guides, educational videos, home testing kits or other valuable tools.

## About Your Privacy

In compliance with federal law, your information will be kept strictly confidential. Your employer does not receive information from any surveys you complete. Enrolling will not affect your health benefits or your ability to get health benefits in the future.

## No Cost to You

There are no charges or hidden fees. Participation in *Managing for Tomorrow* will not increase your premiums or copays.

A path to better health