

Health Management

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.

Health Management does not replace the medical care you receive from your doctor. Always check with your doctor before following any medical advice.

Call today!

1-800-327-3238

A

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

PAI

**Planned Administrators
Incorporated**

Health Management

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. *Health Management* 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. *Health Management* 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 also may take advantage of 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.

Enrollment in the Program

PAI identifies members for the program from the health care information we receive from medical, pharmacy and laboratory claims. If you are identified as someone who could benefit from the program, you are automatically enrolled.

You will receive a welcome letter that includes the name and contact information for your dedicated PAI Health Coach. Health Coaches are registered nurses who will help you learn more about your condition and ways to manage it.



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 *Health Management* will not increase your premiums or copayments.

A path to better health