

INETICO's Disease Management

INETICARE, a division of INETICO, Inc., Healthy Lifestyle Partnership Program is designed with your health and well-being in mind.

This accredited program positively impacts your quality of life by providing access to INETICARE's skilled Nurse Care Managers who share valuable educational resources and information related to your condition.

Your personal INETICARE Care Manager will guide you towards proper medical treatment options and beneficial activities resulting in improved health and wellness.

YOU are expected to play an active role in managing your condition(s).

Chronic conditions include:

- **Diabetes**
- **COPD**
(Chronic Obstructive Pulmonary Disease including Emphysema)
- **Asthma**
- **Congestive Heart Disease**
- **Coronary Artery Disease**

Interactions may include:

- Educational Discussions
- Educational Resources
- Treatment Guidelines
- Patient and Provider Reminders
- Coordination of support services with local, regional and national organizations

CRITICAL UNDERSTANDINGS

Four of the most important lessons patients with chronic conditions must understand are:

1. Your Illness Is Serious.

People still believe they have the "not-so-serious kind of illness." If you don't believe your condition is a problem, you may never make changes to improve your health.

2. Your Condition Can Be Self-Managed.

Every decision you make, from what you eat to whether you walk or ride the bus, has an impact on your health. You are the most important individual in managing your illnesses.

3. You Have Options.

There is rarely only one perfect way of treating a condition. You need to understand the different treatment options that are available and should be encouraged to look at the personal costs and benefits of each. Only you can decide if these benefits are greater than the costs.

4. You Can Change Your Behavior.

Rarely do people leave the doctor's office and immediately enact the change or changes that were recommended. The reality is that it often has to be spread out into a series of steps. We teach you that significant behavioral changes can be made by setting goals, taking that first step and figuring out what you learn about yourself along the way.

Why You Need to Participate in Disease Management

Evidence shows that self-management interventions such as self-monitoring and decision making lead to improved health outcomes and health status.

Quality Disease Management Programs combined with patient self-management help improve chronic conditions and reduce overall costs. Individuals who make educated daily decisions related to diet, exercise and medications are more fully engaged and play an important role in determining their healthy pathways.

To be successful in fully understanding and managing chronic disease conditions, individuals need the support of their health care professionals and wellness advocates.

INETICARE's skilled Nurse Care Managers help guide participants through these decisions by supplying information, education and resources related to their condition. INETICARE's Nurse Care Managers then provide ongoing support for maintaining successful activities that continue to improve long-term health.

INETICO's \$0 Copay Program

Do you want to be in better health and save money at the same time?

The \$0 Copay Incentive Program can do just that very thing.

An INETICARE Nurse Care Manager will contact you soon to discuss the incentive options available.

IT'S EASY!

- Agree to PARTICIPATE
- Actively COMMUNICATE with your Care Manager
- Set GOALS
- Work to ACHIEVE GOALS
- RECEIVE your \$0 Copay Benefit

You must remain actively involved with your Nurse Care Manager to have your maintenance medication* copay waived.

* Copay benefit may be applied to generic medications only at the time of prescription pick-up or may be reimbursed later as determined by your plan administrator.

TO ENROLL: Call INETICO

877 - 608 - 2200

INETICO's CARE MANAGEMENT PROGRAMS



ACCREDITED
Case Management
Disease Management
Health Utilization Management

Your advocate
for better healthcare.



\$0 MAINTENANCE MEDICATION* COPAY INCENTIVE PROGRAM

INETICARE
PROACTIVE CARE MANAGEMENT
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INETICO
The Gift of Exceptional Health

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