



## Disease Management Programs for Blue Cross Community Centennial<sup>SM</sup> members

Living every day with a chronic health condition is hard. Blue Cross and Blue Shield of New Mexico (BCBSNM) offers **disease management programs** for certain chronic health conditions. These programs are designed to help you change unhealthy habits so you may feel better. These voluntary programs are for certain members with asthma and diabetes. They are available at no cost.

### Benefits of Participation

BCBSNM's disease management team works together with you and your health care provider(s). They can help identify better ways to manage your chronic health condition(s). Joining a program may help you:

- Have milder symptoms and fewer of them
- Enhance your self-care skills
- Miss fewer days of work
- Improve your health and quality of life
- Communicate better with your provider and BCBSNM

### Reaching Out to Members at Risk

Our care coordinators may contact you if you have certain health conditions, and they will have ongoing contact with you. A care coordinator can help you spot unhealthy behaviors. He or she will work with you to develop wellness goals and healthier habits. You'll also learn to better manage your health condition(s).

### BCBSNM has disease management programs for:

- Asthma – pediatric
- Diabetes – adult

### Take Control Today

To learn or ask questions about **disease management programs**, please call **1-877-232-5518**.

If you are speech- or hearing-impaired, call **711** for TTY service.

These programs do not replace your provider's care. Always talk to your provider about any health questions or concerns.



**To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).**

Such services are funded in part with the State of New Mexico.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan.

Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, and/or copayments/coinsurance are subject to change.

BCBSNM's care coordinators do not provide care or treatment to members. Independently contracted health care providers furnish care and treatment to members.

Blue Cross and Blue Shield of New Mexico complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yánilti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jik'éh, éí ná hólq, kojí' hódílinih 1-855-710-6984 (TTY: 711).

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