

Disease Management Programs

for Blue Cross and Blue Shield of New Mexico Members



Living every day with a chronic health condition is hard. BCBSNM offers **disease management programs** for certain chronic health conditions to help you. These voluntary programs are designed to help you change unhealthy habits so you can feel better and are available at no cost.

Reasons to Participate

The BCBSNM Disease Management Team works with you and your health care provider(s) to identify better ways to manage your chronic health condition(s). Joining a program may help you:

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

Reaching Out to Members at Risk

Our care coordinators will contact you on a regular basis to help you spot unhealthy behaviors. You will work together to develop wellness goals and healthier habits, so you can manage your health condition(s) better.

BCBSNM has disease management programs for:

- Asthma (pediatric)
- Diabetes (adult)

Take Control Today

To learn more about disease management programs, 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.

www.bcbsnm.com/medicaid

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 health status or need for services or race, color, national origin, age, disability, sex, ancestry, spousal affiliation, sexual orientation and/or gender identity. See our full non-discrimination notice and contacts.

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 yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kojí' hódííłnih 1-855-710-6984 (TTY: 711).