

## Chronic Condition Management

### CARE MANAGEMENT: Chronic Condition Management

At Northwind Health, we understand that managing chronic conditions can be overwhelming and expensive. We are committed to helping our members manage their chronic conditions and live healthier, happier lives. That's why we offer a Chronic Condition Management Program (CCMP) as part of our Northwind Health Plus plan. This program provides members with access to an interdisciplinary team of healthcare professionals who can provide personalized care and support. The team includes physicians, nurses, social workers, nutritionists, pharmacists, and other specialists.

The CCMP is designed to help members better manage their chronic conditions, reduce the risk of complications, and improve their quality of life. Through the program, members receive:

- Comprehensive care assessments and care plans
- Regular follow-up visits
- Personalized health education
- Assistance with medication management
- Coordination of services with other providers
- Referrals to community resources

Exceptions: The CCMP is only available to Northwind Health Plus members who have one or more of the following chronic conditions: diabetes, asthma, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disease (COPD), chronic kidney disease, and hypertension.

#### Tips to Help Employees Manage Chronic Conditions:

- Talk to your doctor: It's important to have open and honest conversations with your doctor about your condition and any concerns you may have.
- Make lifestyle changes: Eating a healthy diet, exercising regularly, and quitting smoking can help manage your condition and reduce the risk of complications.
- Stay organized: Keeping track of your medications, appointments, and lab results can help you stay on top of your condition and make informed decisions about your care.
- Ask for help: Don't be afraid to ask for help from family, friends, and healthcare professionals.
- Take advantage of resources: Northwind Health Plus offers a variety of resources and programs to help members manage their chronic conditions.