

Your partner in patient health **HealthyOptions**

Refer patients to our case, disease and wellness management programs

Put us to work for you and your patients

We offer telephone-based case, disease and wellness management programs to help members improve their quality of life and overall health.

Disease management

Our goal is to improve the overall health of members with chronic health conditions by providing one-on-one support, tools and educational materials. We work toward this goal by offering disease management programs focused on asthma¹, COPD, diabetes¹, heart disease and heart failure, high blood pressure and high cholesterol.



Wellness management

Our registered nurses provide coaching for maternity², tobacco cessation², weight loss and stress management.

Our nurses will follow standards of care to help participants:

- Understand health risks and possible complications
- Make healthy lifestyle choice
- Make informed health decisions

Case management

Our dedicated case managers are registered nurses who work closely with members, their families, and everyone involved from the healthcare team to deliver better outcomes and savings. Case managers are available to help with complex wound management, head injuries, stroke, end-of-life-care, transplants, ventilator dependency and more.

To achieve this, our case managers:

- Help members set and meet goals they want to achieve that align with the physician's treatment plan.
- Help members identify their own healthcare needs (to include medication adherence).
- Locate community resources and support



Collaboration

Our programs are designed to supplement your treatment plan. **You will make all decisions concerning medical treatment.**

We can provide your Blue Cross and Blue Shield of Kansas patients with tools to improve their self-management skills. We encourage participants to contact his or her doctor when changes in health conditions occur that may require doctor intervention.

For some programs, and with member consent, nurses will communicate your patient's participation at initial assessment and program complete. Watch for a provider summary from our departments.

For additional program details refer to the provider rights and responsibilities located at the bottom of bcbsks.com/DM and bcbsks.com/case.

Enrollment in our programs is easy.

Direct your patients to call **800-520-3137** for disease and wellness programs.

Direct your patients to **800-432-0216, ext. 6628** for case management.

¹ 5 and older.

² No age restrictions

Participation in the program is completely voluntary. Participants may choose to discontinue participation in the program at any time. Participation in the program will not affect any health insurance benefits. **Some employer groups do not provide our disease management and wellness programs as an option. If you are an employee at one of those businesses, contact your human resources departments to inquire about similar programs.** For additional program details refer to the member rights and responsibilities located at the bottom of bcbsks.com/DM and bcbsks.com/case.

Visit us at bcbsks.com



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