



Helping You Manage

A disease management program from UMR



For more information, contact UMR Disease Management at **1-866-575-2540** or visit the Web site at **www.umar.com**.

When you face a medical challenge, whether a new or existing condition, it's nice to have a team of experts on your side.

Beginning January 2013, University of Arkansas System is teaming with UMR to offer a Disease Management program to all employees and their dependents with health coverage. Disease Management can help you better manage a chronic condition. When your health is well controlled, you feel good and can do the things you really want and need to do.

Selected conditions

The Disease Management program helps people with these chronic conditions:

- Asthma
- Congestive heart failure
- Diabetes
- Heart disease
- Hypertension
- Chronic obstructive lung disease (COPD)
- Depression

If you're at high risk, you'll be paired with a coach so you can work on new ways to improve your health. After completing your coaching sessions, you may receive periodic phone calls and informational materials to help you "stick with" your new healthier habits.

Whether you sign up for coaching or not, all Disease Management members receive newsletters and communications on making healthy changes.

NurseLineSM

A simple call to NurseLine puts you in touch with a highly trained registered nurse who can answer your medical questions and provide advice—without an appointment. NurseLine is a 24 hour-a-day, 7 day-a-week nurse telephone line that is completely confidential. By calling 1-877-950-8083, you'll have access to a registered nurse and also an audio health library containing over 1,100 topics via the NurseLine audio library extension number 197.



UMRSM

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Helpful online wellness tools

UMR provides useful, interactive tools online to help you reach your health goals. With myHealthTools, you can set goals and track your progress, maintain a personal health record and more. You'll even have online access to a health coach.

Complete confidentiality

The Disease Management program is completely confidential. Only you, your doctor and your UMR Disease Management coach will know about your health. No individual health information is shared with University of Arkansas System or any other organization.

Seize the opportunity to enroll in coaching

All members with a chronic condition benefit from Disease Management. Those at higher risk will be contacted by UMR Disease Management and invited to participate in coaching sessions. Don't miss this opportunity—it's like having your own personal trainer. We're here to give you a fresh perspective on self managing your condition(s) for a healthier lifestyle.

Better information, better health

- **Quarterly newsletter and other communications** – Read the latest information on treating your condition and making healthy lifestyle changes.

No participation fees

There's no cost to participate in UMR Disease Management. Our goal is to provide you with important information you can share with your doctor to help ensure you receive the best care possible. This program could change your life.

You may opt out of the program at any time by notifying your coach or sending written notice to:
UMR Disease Management, PO Box 8042, Wausau, WI 54402-8042.

Additional information

For more information, contact UMR Disease Management at 1-866-575-2540, or visit the Web site at www.umar.com.



The UMR disease management program: it's free and it's completely confidential.

Incentives for participation

Here's your chance to receive a \$100 gift card! It's your reward for signing up to work with a personal coach.

To qualify for your \$100 gift card:

- Have one of the chronic conditions listed.
- Agree to complete an initial assessment.
- Participate in at least 3 calls with your coach.

There are a limited number of cards available for members who enroll in the first 90 days, so be sure to call soon!



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