



Help your employees improve their health.



Health care costs continue to increase, especially for chronic conditions. We offer Disease Management programs for people living with asthma, coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), diabetes and heart failure. These diseases require longer and more sophisticated clinical support to help members¹ make informed decisions about their care and potentially lower their medical costs.

Addressing the needs of members.

Our Disease Management programs are designed to help:

- Members enhance their self-care.
- Identify warning signs.
- Access resources for assistance, which may reduce the need for urgent or emergent services.

Providing appropriate support.

We start with the goal of identifying the right people at the right time through:

- Health assessments
- Nurse triage
- Direct referrals
- Inpatient and outpatient notifications
- Predictive modeling
- Claims data

We then enroll members using engagement strategies personalized to their needs.

The chronic disease epidemic.

4 in 10 adults have 2 or more chronic conditions.²

19.2M adults have asthma.³

Every **40 seconds**, someone has a heart attack.⁴

49 professional sports teams could be bought with the expected **\$49B** in expected COPD medical costs by 2020.⁵

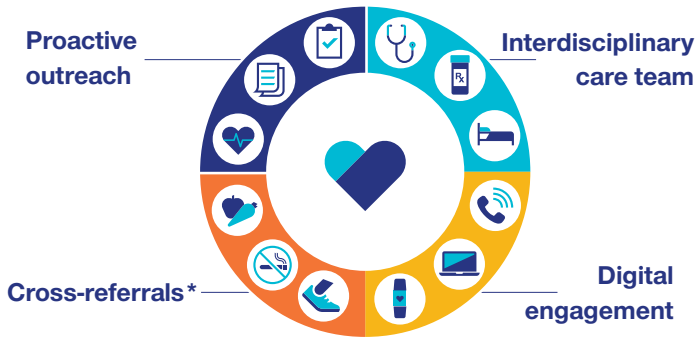
1 in 3 adults could have diabetes by 2050.⁶

1 in 5 Americans will develop heart failure.⁷

90% of health care costs come from people with chronic diseases.⁸

Helping improve engagement and outcomes with technology and 1:1 coaching.

Disease Management programs use data and technology—combined with individualized care plans and digital support—to help increase engagement and member outcomes.



A personalized, whole-person approach to help members improve their health.

Proactive outreach.

We continuously analyze data from health assessments, medical and pharmacy claims, lab data and biometrics for timely outreach and engagement.

- Interdisciplinary care team.
- Registered nurse (Care Coach)
- Pharmacist
- Social worker
- Registered dietitian
- Behaviorist
- Medical director

Digital engagement.

- Progress tracking
- Biometrics monitoring from connected devices
- Educational content
- RN Care Coach communication/alerts

Cross-referrals.*

Inbound and outbound referrals to our other programs and resources, including:

- Behavioral Health Solutions
- Real Appeal®
- Wellness Coaching
- Rally® incentives
- Quit For Life®

Employee goals:

- Easy access to care team and digital tools.
- Reduced risks and comorbidities.
- Improved quality of care and life.

Employer goals:

- Improved employee health and satisfaction.
- Lower medical costs.
- Reduced absenteeism.

Helping manage current and future health care costs.

By identifying individuals with chronic conditions, we may help them more effectively manage their condition so they stay healthier, avoid unnecessary hospital and emergency room visits, be more productive at work and improve their quality of life.

The results speak for themselves.

\$2.68
per member per month
reduction in medical costs,
resulting in a 3:1 ROI.⁹

93-100%
overall program
satisfaction, depending on
the program.¹⁰

Contact your Oxford representative.

*Individual program offerings vary by clinical package and may only be available as a buy-up option.

¹ This also includes plan participants for a self-funded plan administered by Oxford.

² Centers for Disease Control and Prevention. Multiple Chronic Conditions. cdc.gov/chronicdisease/about/multiple-chronic.htm/. October 2019.

³ Ibid. National Center for Health Statistics, 2019. cdc.gov/nchs/fastats/asthma.htm. Last updated 2019.

⁴ Centers for Disease Control and Prevention. Heart Disease Fact Sheet. cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm. May 2019.

⁵ Ibid. COPD Costs. cdc.gov/copd/infographics/copd-costs.html. Updated February 2018.

⁶ American Diabetes Association. Fast Facts: Data and Statistics about Diabetes. professional.diabetes.org/sites/professional.diabetes.org/files/media/fast_facts_12-2015a.pdf. Revised December 2015. Accessed September 2020.

⁷ American Heart Association. Understand Your Risk for Heart Failure. heart.org/en/health-topics/heart-failure/causes-and-risks-for-heart-failure/understand-your-risk-for-heart-failure. Last reviewed May 2017. Accessed September 2020.

⁸ Centers for Disease Control and Prevention. Health and Economic Costs of Chronic Diseases. cdc.gov/chronicdisease/about/costs/index.htm. Accessed January 2019.

⁹ Results based on 2017 UnitedHealthcare book-of-business savings from our combined Disease Management programs and additional studies representing 2 key components of the product enhancement, leveraging pilot results of the digital app and a cohort study focused on the enhanced value-based ID strat logic.

¹⁰ Voice of Integrated Consumer Experience Study, UnitedHealth Group book of business, 2017.

Disease Management programs and services may vary on a location-by-location basis and are subject to change with written notice. We do not guarantee availability of programs in all Oxford service areas and provider participation may vary. Certain items may be excluded from coverage and other requirements or restrictions may apply. If you select a new provider or are assigned to a provider who does not participate in the Disease Management program, your participation in the program will be terminated. Self-Funded or Self-Insured Plans (ASO) covered persons (plan participants) may have an additional premium cost. Please check with your employer. The **Quit For Life** Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. **Real Appeal** is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program. The Rally disclaimer is missing. Add to end of paragraph, and bold topic:

Rally Health® provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Oxford insurance products are underwritten by Oxford Health Insurance, Inc. Oxford HMO products are underwritten by Oxford Health Plans (NJ), Inc. and Oxford Health Plans (CT), Inc. Administrative services provided by Oxford Health Plans LLC.

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