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 members[1] 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]

United Healthcare Oxford

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.

Proactive outreach

Interdisciplinary care team

Digital engagement

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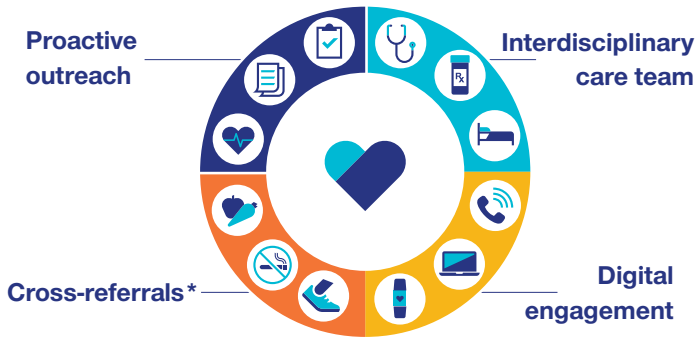
A personalized, whole-person approach to help members improve their health.

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.

United Healthcare Oxford