



## Disease Management: Powered by Avidyn Health Disease Management

Medicus' disease management program positively impacts the lives of members with chronic health conditions through multiple methods of delivering evidence-based information and working directly with them to change their health related behaviors. Specialized nurse educators help selected members better understand how to best manage their condition and put their new knowledge into practice. The result of this comprehensive program is much improved member compliance with their treatment plan, leading to reductions in avoidable health care expenses, such as emergency room visits and hospital admissions. In addition, indirect costs including absenteeism and decline in productivity are also mitigated.

Medicus, partnering with Avidyn Health, a national disease management company, provides employer groups with care management that focuses directly on improving the health and quality of life for its members. Lowering plan sponsor costs while creating positive returns on investments, Medicus cares for the customer and remains an affordable option.

We manage these chronic conditions that account for the majority of your claims costs:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Depression
- Diabetes (Type I and II)
- Hypertension

**How Does the Program Work?** - Medicus' unique approach to Disease Management identifies individuals with one or more of the seven chronic conditions listed above. For groups with at least one year of medical and pharmacy claims data, a predictive modeling tool is used to identify potential program participants. The tool's statistical functionality and consistent approach, compliment a series of clinical decision support activities to identify and target actionable members.

**Personalized Health Communication** - Medicus believes that our members, especially those with a chronic illness, can make improvements in their health via timely, personalized health care findings and recommendations. The Personalized Health Communication provides such clinical findings and recommendations

for members eligible for our disease management program. More specifically, each personalized health communication details a member's most recent healthcare and pharmacy claims history and provides customized recommendations regarding how the member can improve their health and save money via smart healthcare and lifestyle choices.

**Web-Based Support** - Avidyn offers a number of web-based tools to support our members in their quest toward better health. These online features include a personal home page with news releases and features of interest, a message center for private communication with a registered nurse, information on chronic conditions, a self-directed health risk assessment and a health record feature that allows members to create, record, and store personal health information in one secure online location.



With an average of 15 to 20 percent of the population having one or more chronic medical conditions, which account for approximately 50% of the total health plan dollars, the employer paycheck for implementing a disease management program is clear.

**Disease Management Staff** - The Disease Management team is composed of Registered Nurses who must demonstrate strong time management, communication, interpersonal relations, and computer skills, as well as show proficiency in benefit design. Each nurse must have at least three years of chronic clinical experience and expertise in one or more areas of chronic care: coronary care, respiratory care, diabetic care (endocrinology), or substance abuse/behavioral health care.

**Changing Behavior** - A Step to Healthier Living - It is a fact that healthier employees and their dependents make a difference to your bottom line. As their health improves, not only does their productivity increase, you also see a decrease in your health care costs. Reducing claims alone will not make this happen. It takes a whole different approach - you need to effectively change behavior so individuals can avoid claims in the first place.



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