

## Disease Management Programs

Members may enroll online at [Health Coaching education](#) | [Personalized Coaching](#) | [UCare](#)

Program	Description
<b>Asthma Health Coaching Program</b>	<ul style="list-style-type: none"> <li>• Telephonic outreach with a UCare health coach</li> <li>• Partner to discover barriers, vision for the future, establish behavior change goals, empower to achieve goals</li> <li>• Encouragement of Asthma Action Plan.</li> <li>• Average 1 call a month for 6 months</li> <li>• Children and adults ages 5-64</li> </ul>
<b>Diabetes Health Coaching Program</b>	<ul style="list-style-type: none"> <li>• Telephonic outreach with a UCare health coach</li> <li>• Partner to discover barriers, vision for the future, establish behavior change goals, empower to achieve goals</li> <li>• Average 1 call a month for 6 months</li> </ul>
<b>Heart Failure Health Coaching Program</b>	<ul style="list-style-type: none"> <li>• Telephonic outreach with a UCare health coach</li> <li>• Partner to discover barriers, vision for the future, establish behavior change goals, empower to achieve goals</li> <li>• Average 1 call a month for 6 months</li> </ul>

\*All programs are Adults 18+ except noted with asthma programs

## Disease Management Eligible Products

	Connect	MNCare	MSC+	PMAP	UCare Fairview IFP	UCare IFP
<b>Asthma Health Coaching Program</b>	X	X		X	X	X
<b>Diabetes Health Coaching Program</b>	X	X	X	X	X	X
<b>Heart Failure Health Coaching Program</b>	X	X	X	X	X	X

**Language Assistance Services:** UCare provides translated documents and spoken language interpreting free of charge.

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