

Disease Management Programs

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

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

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

Disease Management Eligible Products

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

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

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