

Disease Management Programs

Program	Description
Asthma IVR/Text Education Program (At-Risk)	<ul style="list-style-type: none"> Scheduled Interactive Voice Response (IVR) or text message education IVR/text schedule: 1 call/text a week or 1 call/text every 30 days
Asthma Education Program	<ul style="list-style-type: none"> Telephonic outreach and education with a UCare asthma educator or Cecelia Health registered respiratory therapist Assessment of self-monitoring, self-management, and medication adherence. Encouragement of Asthma Action Plan. Average 1 call a month for 6 months Children and adults ages 5-64
Brook Health Companion App	<ul style="list-style-type: none"> Mobile app for help with managing general wellness, diabetes, hypertension, and other chronic conditions In app coaching; medication, blood pressure or blood sugar check reminders To learn more and to download the app, visit ucare.org/brook
CKD Virtual Support Program	<ul style="list-style-type: none"> Telephonic outreach and education with a Cecelia Health registered dietician Guidance, education, and support to help prevent or slow down the progression of CKD and make healthy food choices. Average 1 call a month for 6 months
COPD Virtual Support Program	<ul style="list-style-type: none"> Telephonic outreach and education with a Cecelia Health registered respiratory therapist Assessment of self-monitoring, self-management, and medication adherence. Encouragement of COPD management plan. Average 1 call a month for 6 months
Diabetes IVR/Text Education Program (At-Risk)	<ul style="list-style-type: none"> Scheduled Interactive Voice Response (IVR) or text message education IVR/text schedule: 1 call/text a week or 1 call/text every 30 days
Diabetes Health Coaching	<ul style="list-style-type: none"> Telephonic outreach with a UCare or Cecelia Health 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	<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
Migraine Management 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
Weight Management Program	<ul style="list-style-type: none"> Telephonic outreach and education with a Cecelia Health registered dietician Guidance, education, and support to help manage weight loss, with or without medication, and maintain motivation Average 1 call a month for 6 months

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

Disease Management Eligible Products

	Connect	Connect + Medicare	Medicare – Fairview North Memorial	Medicare	MNCare	MSC+	MSHO	PMP	UCare Fairview IFP	UCare IFP
Asthma IVR/Text Education Program (At-Risk)	X	X			X			X	X	X
Asthma Education Program	X	X			X			X	X	X
Brook Health Companion App	X	X	X	X	X	X	X	X	X	X
CKD Virtual Support Program	X	X	X	X	X	X	X	X	X	X
COPD Virtual Support Program	X	X	X	X	X	X	X	X	X	X
Diabetes IVR/Text Education Program (At-Risk)	X	X	X	X	X	X	X	X	X	X
Diabetes Health Coaching	X	X	X	X	X	X	X	X	X	X
Heart Failure Health Coaching	X	X	X	X	X			X	X	X
Migraine Management Program	X	X			X	X		X		
Weight Management Program	X	X			X	X	X	X		

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