



## Condition Management

### Capital Blue Cross of Ohio

Through our free condition management programs, specially trained care managers provide important education to help you manage your condition, and personalized one-on-one support by phone to help you follow the treatment plan prescribed by your doctor.

#### Programs available for the following conditions:

- Asthma.
- Congestive Heart Failure (CHF).
- Coronary Artery Disease (CAD).
- Diabetes.

#### Condition management services include:

- One-on-one support by phone provided by specially trained care managers (including registered nurses, licensed practical nurses, registered dietitians, licensed social workers, and professional health coaches).
- Educational materials to increase your knowledge about your condition and your treatment.
- Self-management techniques.
- Information on healthy lifestyle habits.



For more information or to enroll in a free condition management program, call **888.545.4512 (TTY: 711)** or the member services number on the back of your ID card.

You can also learn more by logging in to your secure account at **CapitalBlueCross.com**.

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