



CHRONIC CONDITIONS MANAGEMENT

Additional detailed information is available at bcbsm.com

Our Smarter, Better Health Care, helps you manage your chronic or complex conditions and save on health care costs.

Blue Cross Coordinated Care Core

This program delivers a holistic, member-centric approach for you or family members on your health plan with complex, chronic and acute conditions or those with the potential risk of developing these conditions.

Features:

- A comprehensive Blue Cross care team provides you with a deep level of support, a better understanding of your condition, and steps you can take to improve your health and well-being
- A dedicated phone number to call if you have condition related questions
- Access to the Blue Cross Coordinated Care mobile app where you can connect with a care advocate, set appointment reminders, track medications, and view helpful articles/videos related to your personal needs

Livongo Diabetes Program

This data-driven health program helps remove the barriers to proper diabetes care and gives you the power to manage your diabetes and combat the risk of complications down the road. This program is available at no additional cost to you, and makes living with diabetes easier with:

- 24/7 one-on-one coaching from certified diabetes educators
- A welcome kit that includes a smart glucometer that automatically uploads blood sugar readings, making logbooks a thing of the past
- Unlimited testing strips and lancets delivered to home
- Reports that can easily be shared with providers or loved ones
- Emergency outreach—a diabetes specialist will reach out to you when an out-of-range blood glucose reading occurs to ensure your safety and provide guidance to regain control of your condition

Spine and Joint Care Program

If you are someone who suffers from a condition that affects your muscles, bones, joints, tendons and ligaments, Blue Cross wants to make sure that you get the care you need, that's safe, medically necessary and will lead to the best possible outcomes.

What type of conditions are considered spine and joint?

- **Injuries**—fractures, sprains, strains and tears of tendons and ligaments
- **Degenerative conditions** such as chronic low back pain
- **Chronic overuse** or repetitive strain injuries



Medication Adherence Programs

These programs are available at no additional cost.

Drug Adherence Discount Program, powered by Sempre Health

Once enrolled, you receive monthly refill reminders. When you refill and pick up your qualifying prescription on time, you earn a discount on the copay. Monthly discounts increase as you refill on time.

High-Cost Drug Discount Optimization Program, powered by PillarRx

If you are enrolled, you can take advantage of manufacturer copayment assistance programs that significantly lower your out-of-pocket costs for expensive medications.

Generics Advantage Program—BCN

If you are enrolled in a BCN health plan you receive discounts on select generic medications you take to manage chronic conditions, like high blood pressure.



Use the QR Code to find out more about these programs.