



Condition Management

Chronic health conditions often require patients to take on a variety of self-care responsibilities such as home testing and monitoring, administering medication, complying with diet plans, attending doctor appointments, and following exercise programs.

Capital Blue Cross is here to support you

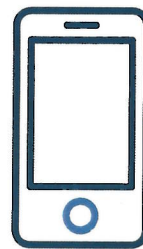
Through our free condition management programs, specially trained care managers provide important education to help you manage your condition, and personalized one-on-one support by phone to help you follow the treatment plan prescribed by your doctor.

Programs are available for these chronic 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 member ID card.

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