

Nurse health coaching

Each member is assigned a dedicated nurse health coach, who provides counseling and support. The nurse health coach works with members to set incremental targets and goals, and to help foster self-confidence in the management of their condition.

Nurse health coaches also:

- Educate members on warning signs and symptoms, and what to do if they occur.
- Provide educational resources specific to the interaction and needs of members.
- Identify ways for members to stay healthy.

Cost containment

Employers receive quarterly and annual reports to help them monitor program performance. For instance, these reports identify:

- The number of disease management candidates, referral sources and active participants.
- The financial impact of our disease management program, based on changes in the PAM scores of the employee population. *
- Cost savings analysis **—a comparison of two groups within the employee population: one group that is enrolled in disease management, and another group that currently has health conditions and is not enrolled in disease management.

* Available upon the client's request, with the first report available 12 months after the program's start date (then annually).

** Available upon the client's request, with the first report available 18 months after the program's start date. A 100-participant minimum is required. Participants must be in the program for at least six months to be counted.

Measuring the impact

The impact of the disease management program can be measured both in terms of improved employee health and the employer's bottom line. On a human resources level, the program can help reduce absenteeism and increase productivity. From a corporate perspective, the program produces sustained improvements in profit margins by reducing healthcare costs.

Advocates for healthier living

At Meritain Health, an Aetna Company, we are your Advocates for Healthier Living. By listening and understanding our clients' needs, we offer flexible, cost-effective and easy-to-use healthcare solutions. Our suite of medical management programs work together to help identify employees who can benefit from additional healthcare support. Then, we provide the guidance they need to achieve their best health.

To learn more about how disease management from American Health Holding can benefit your employees (and your bottom line), contact your Meritain Health representative today.

Targeted conditions

Conditions targeted by Meritain Health Disease Management include:

- Asthma
- Chronic Kidney Disease (CKD)
- Chronic Pain (Caused by arthritis or lower back pain)
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Congestive Heart Failure
- Diabetes
- Hypertension
- Hyperlipidemia

