

Disease Management

What is Disease Management?

A Disease Management (DM) program can help you get more out of life. As part of your Empower benefits, we're here to help you learn more about your health, keeping you and your needs in mind at every step. Our team includes care coordinators and registered nurses called DM case managers. They'll help you learn how to better manage your condition, or health issue. You can choose to join the DM program at no cost to you. If you are an adult and have type 1 or type 2 diabetes, you can join the program and get more support services.

How can we help you?

When you join our DM program, a case manager or care coordinator will:

- Help you create health goals and make a plan to reach them.
- Coach you and support you through one-on-one phone calls.
- Track your progress.
- Answer questions about your condition and/or treatment plan (ways to help health issues).
- Send you materials to learn about your condition and overall health and wellness.
- Coordinate your care with your health-care providers, like helping you with:
 - Making appointments.
 - Getting to health-care provider visits.
 - Referring you to specialists in our health plan, if needed.
 - Getting any medical equipment you may need.

Are you an adult with diabetes? You can always get help from a nurse or your Care Coordinator. Contact Empower Customer Service at 866-261-1286 | TTY: 711