

# HELP CONTROL YOUR QUALITY OF LIFE

## WITH THE GREAT-WEST HEALTHCARE DISEASE MANAGEMENT PROGRAMS

Just because you suffer from a chronic health condition doesn't mean your quality of life must suffer. Managing your condition and getting more enjoyment from life can be easier when you participate in the Great-West Healthcare disease management programs, which your employer has implemented at no cost to you so you can start taking control of your health and improving your quality of life.

### HOW DOES THE PROGRAM WORK?

The Great-West Healthcare disease management programs give you or a family member with any of the conditions below access to free information and 24/7 nurseline support specific to your condition.

#### Chronic Conditions

- Asthma
- Diabetes
- Chronic pain (*migraine headaches, back or neck pain, carpal tunnel*)
- Emphysema (*Chronic Obstructive Pulmonary Disease*)
- Heart conditions (*coronary artery disease, heart failure*)

Once enrolled you'll receive a welcome packet in the mail, which includes a letter that describes the program's features, explains the materials included in the packet and provides contact information for questions or concerns. The packet will also contain an educational booklet with detailed information about your condition, such as a definition of the condition, signs and symptoms and goal setting.

#### Acute Conditions

- Cancer
- End stage renal disease
- High-risk pregnancy
- Premature births

The program also includes Great Beginnings, an educational program that helps expectant mothers have healthier babies.

**CONTROL YOUR CONDITION.  
DON'T LET YOUR CONDITION  
CONTROL YOU.**

### IT'S EASY TO GET STARTED!

Enrolling in the disease management programs is easy. You can:

- **Sign in to MyGreatWest.com and click on the Wellness tab** – From there you can select which specific program you'd like to join and follow the online instructions.
- **Take the Health & Well-Being Assessment at MyGreatWest.com** – By completing this short, confidential assessment, Great-West Healthcare will be able to help you get a better picture of your overall health. This will enable us to help you not only manage your condition, but establish the state of your general health and identify other factors you may be unaware of that might be negatively impacting your condition.

You may also receive a phone call from Great-West Healthcare inviting you to join one of the disease management programs. (The caller will identify himself or herself as a Great-West Healthcare representative and will ask you to verify your name. The caller *will not* ask for, or ask to verify, your social security number.)

### GREAT-WEST HEALTHCARE DISEASE MANAGEMENT PROGRAMS

Better manage your condition with:

- Direct, 24/7 access to a nurse
- Personalized care plans with goal setting and health improvement action plans
- Condition-specific newsletters, articles and educational materials
- Questions and guidelines to use when meeting with your doctor



Visit **MyGreatWest.com** today to enroll in this confidential benefit from your employer, at no cost to you.

Great-West Healthcare refers to products and services provided by Great-West Life & Annuity Insurance Company and its subsidiaries (Alta Health & Life Insurance Company and Great-West Healthcare HMO companies). It also refers to New England Life Insurance Company's and Metropolitan Life Insurance Company's group business currently administered by Great-West. Great-West Life & Annuity Insurance Company is not licensed to do business in New York. Products are sold in New York by its subsidiary First Great-West Life & Annuity Insurance Company, White Plains, N.Y.