



ONE-ON-ONE SUPPORT

# FROM YOUR CARE COORDINATORS AT QUANTUM HEALTH

## LII Employees,

**Did you know that LII offers free medications\* when you take steps to manage the following condition(s): asthma, coronary artery disease, congestive heart failure, chronic obstructive pulmonary disease and diabetes?**

When you take routine steps to help manage your condition, you'll qualify for FREE medications. Call your friendly Care Coordinators or go online to learn more!

The activities outlined in the next few pages were developed by healthcare providers to help you self-manage your specific condition(s) with the goal of keeping you happy, healthy, out of the hospital and able to enjoy the things in life that mean the most to you.

**Please read the attached information carefully.** If you have any questions along the way or would like us to guide you through this information, give us a call at 877-220-2279. We're here to help!

Sincerely,

*Your Care Coordinators*

Your Care Coordinators

\*Not all medications to manage these diseases are covered at 100%

# CARE PATHWAYS

## Based on Nationally Recognized Guidelines

To get free prescriptions, follow the guidelines below. These might even be steps you are already taking!

### ASTHMA

Note: If your doctor does not recommend or prescribe any of these treatment options, call your Care Coordinators to receive credit.

- **Get a flu shot every year.** Credit will be given when your insurance claim is processed.
- **Use Asthma Controller Medicine** (unless it is not recommended by your doctor)
- **Visit your doctor every year**

### HELPFUL HINT:

Being able to self-manage your asthma symptoms with a rescue inhaler can remove stress by decreasing the likelihood that you'll need to visit the ER to be treated.

### CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Note: If your doctor does not recommend or prescribe any of these treatment options, call your Care Coordinators to receive credit.

- **Get a flu shot every year.**
- **Visit your doctor every year.**

### DID YOU KNOW?

Bronchodilator medications decrease symptoms such as shortness of breath and can decrease complications of COPD, the risk of needing oxygen, and also increase your comfort.

### CORONARY ARTERY DISEASE (CAD)

Note: If your doctor does not recommend or prescribe any of these treatment options, call your Care Coordinators to receive credit.

- **Lipid Screen once per year.** This is a blood test to check cholesterol, or fat levels, in the blood.
- **Take a beta-blocker medication after a heart attack.** This is a medicine that makes the heart beat slower to lower blood pressure and lower the risk of future heart problems (unless it is not recommended or prescribed by your doctor).
- **Take a cholesterol-lowering statin medication to lower risk of heart attack or stroke by keeping blood vessels from getting blocked** (unless it is not recommended or prescribed by your doctor)
- **Visit your doctor every year**

### DO YOU KNOW THE ROLE OF YOUR RX?

As a part of treatment for Coronary Artery Disease—statins lower your cholesterol, while beta-blockers and ACE-inhibitors/ARBs target your blood pressure. These medications decrease your risk of having a stroke or heart attack.

## DIABETES

*Note: If your doctor does not recommend or prescribe any of these treatment options, call your Care Coordinators to receive credit.*

- **Hemoglobin A1c blood test at least one time each year.** This is a test that shows what the average blood sugar has been over the past three months to see if your diabetes management plan is working.
- **Lipid Screen once per year.** This is a blood test to check cholesterol, or fat levels, in the blood.
- **Microalbumin or Urine Protein Test every year.** This is a test to check for even small amounts of blood protein called albumin which can be an early sign of kidney disease. You do not need to complete this test if you are taking an ACE-inhibitor or Angiotensin Receptor Blocker (ARB) medicine.
- **Take a cholesterol-lowering statin medication to lower risk of heart attack or stroke by keeping blood vessels from getting blocked** (unless it is not recommended or prescribed by your doctor).
- **Have an eye exam every two years**
- **Visit your doctor every year**

## “WHY DO I NEED AN EYE EXAM?”

Did you know that retinopathy—caused by damage to blood vessels in the eye—is 5x more common in individuals with diabetes? When left untreated, it can cause severe damage, and even blindness. If you ask us, that’s a pretty good reason to get your regular eye exam!

## CONGESTIVE HEART FAILURE (CHF)

*Note: If your doctor does not recommend or prescribe any of these treatment options, call your Care Coordinators to receive credit.*

- **Take a beta-blocker medication.** This is a medicine that makes the heart beat slower to lower blood pressure and lower risk of heart attack (unless it is not recommended or prescribed by your doctor).
- **Take an ACE or ARB medication.** These are medicines that make it easier for the heart to pump blood, lowers blood pressure and lowers the risk of heart attack (unless not recommended or prescribed by your doctor).
- **Lipid Screen once per year.** This is a blood test to check cholesterol, or fat levels, in the blood.
- **Visit your doctor every year**

## THE MORE YOU KNOW!

Being educated on the signs of a flare-up can help you know when you need to visit your primary doctor, versus waiting until symptoms require emergency attention. To learn more about Congestive Heart Failure and its symptoms, ask your doctor, or speak with a Nurse Care Coordinator at 877-220-2279.

# HELLO!

## WE'RE YOUR NURSE CARE COORDINATORS.

We're here to help you manage your care. Call today to be introduced to your very own nurse who will get to know you, answer questions about your health, follow up when needed, and of course, help you complete the wellness requirements.

## WHAT PEOPLE ARE SAYING ABOUT THEIR NURSE CARE COORDINATORS:

**I LOVE THIS SERVICE.** The two nurses that I have had the joy to work with have been fabulous. We are so lucky to have you. You think about everything when it comes to my care prior to my surgeries, following my surgeries, and anything in between. **YOU ALL ACTUALLY CARE, AND IT IS WONDERFUL.**

It seems small, but it is so valuable to me, to have someone call at the time they said they'd call. **THANK YOU FOR BEING SOMEONE I CAN TRULY COUNT ON.**

**THANK YOU FOR YOUR HELP** navigating my recent insurance issues related to my condition, and for your support through the process. Your assistance was beneficial, comforting, and much appreciated.