

Join Disease Management & Save \$\$

Blue Cross Blue Shield and United Healthcare members who are dealing with **asthma, diabetes or heart disease** can join the Disease Management Program (DM) and get certain prescriptions at no cost. When you join the program, you will be contacted every so often by a nurse that will help you in managing your disease.



For BCBS & United...

To sign up for the Disease Management Program, just call your carrier. (Numbers are below!) Remember, when you sign up for DM, you are committing to manage your disease via periodic telephone calls with a nurse. If you do not actively participate in these calls, you will not be able to get prescription co-pays waived.

Blue Cross Blue Shield: 1-866-901-0746
(select option 3)

United Healthcare: 1-888-364-6352

For Kaiser...

Unfortunately, Kaiser is not currently offering a disease management program.



Covered Prescription* Examples

Asthma

Advair
Asmanex
Qvar
Spiriva
Symbicort

Diabetes

Acarbose
Glipizide
Levemir
Metformin
Tolazamide

Heart Disease

Benazepril
Captopril
Lisinopril
Ramipril
Trandolapril

**Note that this is NOT a complete list of covered medications! Call Blue Cross or United to learn more.*

Don't forget...

Have your insurance card handy when you're ready to sign up!