

Disease Management

Empowering Healthy Behavioral Change through Individualized Coaching

Lowering the Risk and Cost of Chronic Conditions

Arizona Foundation for Medical Care, in conjunction with American Health Holding, offers an URAC-accredited Disease Management program. The program targets eight prevalent conditions for which evidenced-based guidelines are established to impact health and measure improvements:

- Asthma (pediatric and adult)
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Pain (from osteoarthritis, rheumatoid arthritis or low back pain)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Diabetes (pediatric and adult)
- Hyperlipidemia (high cholesterol)
- Hypertension (high blood pressure)
- A Comprehensive Approach

Members with chronic conditions are identified through an advanced predictive modeling system and, once enrolled, work one-to-one with a dedicated Nurse Coach.

All of the Disease Management Nurse Coaches are Registered Nurses trained in motivational interviewing techniques. Nurse Coaches identify participants' confidence and ability to self-manage their condition using the Patient Activation Measure™ assessment, developed by Insignia Health. They then help participants set individualized goals using Insignia's Coaching for Activation™ behavioral change model. By educating and motivating participants, Nurse Coaches help reduce gaps in care and assist members in realizing better health, which results in reduced claims and increased member productivity.



Program Highlights

- Flexible, URAC-accredited program focuses on eight prevalent conditions
- Advanced predictive modeling identifies individuals with chronic conditions
- Registered Nurses assist participants one-to-one to achieve clinical improvements through evidence-based care guidelines
- Nurse Coaches use participant-centric motivational interviewing techniques to empower individuals to self-manage their conditions
- Wellness and Disease Management Consultant assists in developing a plan for optimal program engagement

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