



Welfare, Pension and Annuity Funds

LIVING WELL DISEASE MANAGEMENT PROGRAMS

Diabetes Management & Cardiac Management Programs

Who is Eligible

All members and spouses (no dependents) in the Active Plans and all Non-Medicare age retired members and spouses covered by BCBS in the Retiree Plan who have been diagnosed with diabetes or a cardiac condition or are at risk for diabetes or a cardiac condition are eligible to enroll for **free** in a **Disease Management Program** administered by the Valenz Living Well Program.

The Programs include:

- Diabetes Management
- Cardiac (Heart) Health

Participants who enroll in the Diabetes Management Program will receive:

- Free glucose monitor and free test strips with NO copay – NO deductible!
- Medically necessary diabetic oral medications and Insulin with NO copy – NO deductible!
- Medically necessary diabetic supplies with NO copay – NO deductible!
- Two annual consultations with a Board-Certified Endocrinologist.
- Free annual eye exam, quarterly A1C lab tests and lipid profiles.

Participants who enroll in the Cardiac (Heart) Management Program will receive:

- Free medically necessary Generic cardiovascular prescriptions.
- Two annual consultations with a Board-Certified Cardiologist.
- Medically necessary routine EKG, blood chemistry and lipid profiles with NO copay and NO deductible!

To enroll in one of the Disease Management Programs, call the Valenz Living Well Program at **866-844-4222** and a nurse health coach will assist you and answer any questions.

Once enrolled in the Valenz Living Well Programs, you will have your own nurse health coach who will help you better manage your diabetes or cardiac condition. The nurse will be available to answer your questions and help you meet your health goals. All information is kept confidential.

For more information about the Disease Management Programs contact the Valenz Living Well Program at **866-844-4222** or contact the Fund office at **(708) 449-7373**.