

## **Lifestyle Management and Wellness Programs**

The Highmark Health Options Lifestyle Management and Wellness Programs target patients who have chronic conditions, are pregnant, or may benefit from healthy weight management. Providers can refer patients to Lifestyle Management and Wellness Programs by calling 1-833-957-0020. Patients can opt out of the Lifestyle Management and Wellness Programs at any time.

### **Asthma Program**

This program emphasizes patient education, self-management, and medication adherence. Patients ages two and older are eligible. The program encourages an active lifestyle while minimizing or preventing asthma exacerbations. The program helps patients:

- Identify asthma triggers.
- Recognize early symptoms requiring medical attention.
- Understand and prevent the potential risks of uncontrolled asthma.
- Understand the difference between a rescue inhaler and a controller medication.

### **Cardiac Program**

This program emphasizes patient education and support to help patients with cardiac conditions. Patients ages 21 and older with a diagnosis of heart failure, myocardial infarction, or coronary artery disease are eligible. The program helps patients understand:

- How other conditions can worsen a cardiac condition.
- The meaning of specific cardiac symptoms, which may further cardiac damage.
- The importance of lab tests for lipid testing and medications.
- How uncontrolled blood pressure may lead to heart disease.

### **Chronic Obstructive Pulmonary Disease Program (COPD)**

This program emphasizes patient education, lifestyle modification, safety, self-management, and medication adherence. Patients ages 21 and older with a diagnosis of COPD are eligible. The program helps patients:

- Identify and avoid COPD triggers to prevent an exacerbation.
- Recognize when they should call their primary care provider.
- Know the importance of medication adherence and proper use of inhalers.
- Recognize the importance of lifestyle modifications, including smoking cessation.

- Understand the role of supplemental oxygen and benefits of a pulmonary rehabilitation program.

### Diabetes Program

This program emphasizes education and personal responsibility for diabetes management to prevent diabetic complications. All adult and pediatric patients with type 1 or type 2 diabetes are eligible. The program helps patients:

- Understand what is normal, what is not, and when to call the doctor.
- Learn how to keep blood sugars controlled to prevent diabetic complications.
- Understand what tests are needed to manage diabetes.
- Learn how uncontrolled diabetes may lead to other health issues, like heart disease, kidney disease, eye problems, etc.

### Hypertension

The program provides resources to educate members about hypertension, its risks, and the importance of regular monitoring. The program:

- Encourages healthy lifestyle changes, such as diet (*Dietary Approaches to Stop Hypertension/DASH diet*), exercise, and stress management to help lower blood pressure.
- Provides regular assessments and personalized care plans to ensure effective use of antihypertensive medication, with ongoing monitoring for adherence and side effects.
- Emphasizes continuous follow-up through routine check-ups and support groups to track progress and make necessary adjustments.

### Healthy Weight Program

The program offers intensive behavioral interventions for patients with a qualifying diagnosis, such as specified elevated body mass index. This program helps patients:

- Identify tools and resources needed to give them the best health, wellness, and nutritional options.
- Learn how to choose a healthier lifestyle to prevent other health problems.
- Understand how to manage weight with better choices, such as diet and activity.
- Learn if they qualify to participate in our Healthy Weight Program or our Diabetes Prevention Program (ages 18 and older) offered in collaboration with Good Measures.

## Maternity Program

This population-based program is directed toward improving outcomes for all pregnant patients. Specific interventions are designed to identify and prospectively intervene with patients at high-risk for adverse pregnancy outcomes. All pregnant patients are eligible.

The program offers maternity care coordination to:

- Provide patient education, support, and guidance before, during, and after pregnancy.
- Decrease the need for Neonatal Intensive Care Unit admissions.
- Improve the frequency of prenatal and postpartum care.
- Reduce the incidence of low birth weight and preterm deliveries.

Good Measures is a separate company that administers the Diabetes Prevention Program and Diabetes Support Program for Highmark Health Options.

Highmark Health Options is an independent licensee of the Blue Cross Blue Shield Association, an association of independent Blue Cross Blue Shield Plans.