



## **New Health Management Services for Enrollees of UMP and Aetna PEP**

Beginning August 1, 2008, employees and family members enrolled in Uniform Medical Plan and the Aetna Public Employees Plan will have access to new services to help them better manage their health.

These services will be administered by **ActiveHealth Management** and include:

- an online personal health record
- telephonic health coaching for individuals diagnosed with diabetes, coronary artery disease, ischemic heart disease or congestive heart failure
- Care considerations, which are personalized communications with providers and patients to improve quality of care. ActiveHealth uses a proprietary technology that scans claims and patient supplied data and compares it to the latest medical standards. When an opportunity for improved care is identified, a care consideration is sent via mail, fax or by telephone.

### **Who is ActiveHealth?**

ActiveHealth is a leading provider of health management services. The company's solutions help individuals receive quality care and help organizations like health plans, employers and government payors reduce medical costs. More than 18 million people nationwide benefit from ActiveHealth programs. ActiveHealth is an independent subsidiary of Aetna, but it works with many different health plans. ActiveHealth will provide the same services to UMP enrollees as it does for Aetna Public Employees Plan enrollees.

### **How do ActiveHealth's services benefit employees and their families?**

ActiveHealth's CareEngine helps improve quality of care by identifying potential safety issues or the possible need to start or stop a treatment. It then notifies physicians and their patients. It is estimated that 10% of enrollees may receive a care consideration per year.

In addition, the personal health record helps individuals keep track of their health care such as immunizations or preventive care visits. Enrollees can elect to have the PHR send them reminders for health care screenings, for example.

ActiveHealth's nurse coaches help individuals with diabetes, coronary artery disease and congestive heart failure better manage their conditions and work more effectively with their doctors.

### **Is there any cost to employees?**

There is no additional cost to employees or covered family members. HCA is sponsoring these programs as part of its ongoing efforts to improve healthcare quality. Ultimately, improved healthcare quality leads to lower healthcare costs for the State and our employees.

### **Are the services mandatory?**

No. While we hope that everyone who is eligible will choose to take advantage of the ActiveHealth services, they are not mandatory. Individuals can opt out at any time by notifying ActiveHealth.

### **Are the services confidential?**

Yes. ActiveHealth takes confidentiality very seriously and complies with all federal and state laws.