



July 2008

Dear UMP Member:

Uniform Medical Plan is partnering with **ActiveHealth Management** to help you get the most from your health care. ActiveHealth's services, which begin August 1, include the following:

The Personal Health Record (PHR) is an online tool that helps you keep track of your medical information including immunizations, health screenings, and family medical history. The PHR is automatically updated with doctor visits and prescription information from UMP claims, so it's accurate. The PHR resides on a secure Web site that you can access from anywhere. If you wish, you can share medical information with your providers, either by printing out information in an easy-to-read format or by giving your provider permission to access it online.

Informed Care Management is a telephone-based nurse coaching program for members who have diabetes, coronary artery disease or congestive heart failure. If you have one of these conditions, you may be contacted by ActiveHealth to participate in this voluntary program. A nurse health coach is available to discuss your concerns about your condition, answer questions about lab results or medications, and suggest ways to help you reach your health goals. This program is intended to enhance your relationship with your doctor, not replace it.

Care Considerations are personalized communications that notify you of a potential gap in care. ActiveHealth's computer technology compares data from your medical and pharmacy claims to the latest medical knowledge. If a potential medical issue is discovered, you and your physician may receive a care consideration letter in the mail. Examples of care considerations might include notification that you are taking medications that could be harmful when taken together, or a recommendation to start or stop a treatment.

Care considerations do not affect your benefits. UMP will not deny payment for a service or medication based on a care consideration. These letters only suggest that you speak with your physician. ActiveHealth fully complies with all federal and state laws regarding patient information.

We're excited about these new services to help you manage your health. Look for more information in your mailbox from ActiveHealth in August.

Sincerely,

A handwritten signature in black ink that reads 'Janet C. Peterson'.

Janet Peterson
Executive Director