



HYPERTENSION DISEASE MANAGEMENT PROGRAM

Sanford Health Plan has developed a prospective disease-specific approach to the management of a member's chronic medical conditions. The emphasis of these programs is disease prevention and wellness education for targeted members and physicians to improve the overall health, wellness and quality of the member's life. The goal of the program is to provide tools to educate our members to promote improved health through better prevention, detection, treatment and education. By analyzing utilization patterns, we will be able to educate our members about preventable complications so that emergency department visits and hospital readmissions may be reduced. These tools will facilitate understanding and consumer responsibility for their own disease processes as well as coordination of care between the member and his/her primary care physician.

Am I eligible for the program?

Eligible members for the Hypertension Disease Management Program are Sanford Health Plan members who have had at least two or more claims with a primary or secondary diagnosis of Hypertension. Members of at least 18 years and older who meet this criteria are eligible for the program. This determination of eligible members occurs monthly.

How do I participate or notify you that I choose not to participate in the program?

Once Sanford Health Plan has identified you as an eligible member for the program, you are included in the mailing list to receive program information. You may choose to opt out, or not participate in the program by completing the Non-Participant Form that accompanies this initial mailing and returning the form to Sanford Health Plan in the enclosed postage paid envelope. Your name will then be removed from the program's mailing list and you will not be considered "enrolled" in the Hypertension Disease Management Program. Members who do not return this form are automatically considered enrolled in the program after a period of 30 days. Should you choose to actively participate in the program by returning your completed health risk assessment, your healthcare provider will be notified that you are participating in our Hypertension Disease Management Program.

What does the Hypertension Disease Management Program include?

As an enrolled member of the Hypertension Disease Management Program, you will receive educational mailings on a quarterly basis. This information includes educational materials with topics such as detection and diagnosis, risk factors, monitoring blood pressure, nutrition and weight control, tobacco cessation, physical activity, stress management, medications and treatments and more. You are also encouraged to enroll in the Healthy at Heart program which offers you interactive trackers, tools, and resources and you will also be eligible to receive gifts throughout the program.

Pharmaceutical data may also be monitored to identify members who have issues with their medication regimen. These members will receive the above interventions in addition to a phone call from a nurse to discuss proper medication compliance, assistance with scheduling necessary practitioner appointments, home health assessment/visit, etc. Members who are hospitalized for Hypertension will also receive a follow up phone call in addition to the above mailings.

All members of the program may contact Sanford Health Plan toll-free at 1-800-805-7938 or (605) 328-6807 for any questions concerning the Hypertension Disease Management Program or other issues of concern Monday through Friday between the hours of 8 a.m. and 5 p.m. (CDT).