



# Disease Management Programs Support You and Your Health

[www.tricare-west.com](http://www.tricare-west.com)



## What are the Disease Management (DM) education programs?

Your provider partners with Health Net Federal Services, LLC (HNFS) to improve health outcomes in the TRICARE population. The DM programs are meant to enhance the care you already receive from your provider. They focus on improving the management of seven chronic conditions: anxiety, asthma, chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), diabetes, depression, and heart failure. You will be able to talk by phone with one of our state licensed, condition-specific specialists from home or wherever is most convenient for you.

## Why is my provider referring me to this program?

You are being referred to this program to gain better understanding and receive support to better manage your health condition and improve communication with your care team. Our experienced clinical team will provide you with additional information, resources, and one-on-one coaching on how you can reach your personal health goals.

This service will support the primary and specialty care you are currently receiving and will not interfere with your treatment plans already established. We actively communicate with your care team by telephone and using a secure online portal.

## What can I expect from this program?

Monthly calls typically last 30–45 minutes and occur for about six months. Your DM specialist will provide one-on-one health coaching in a variety of areas based on your personal needs, and will help you effectively set and achieve goals in an effort to improve your health outcomes.

## What are the advantages of participation?

- Convenient
- Free
- Confidential
- Accessible
- Flexible
- Collaborative



To learn more about the various disease management topics and available programs, go to:

[www.tricare-west.com](http://www.tricare-west.com) > *Beneficiary* > *Wellness* > *Chronic Care/Disease Management Education Center*.

