

Disease Management Programs

Asthma

Member education is based on the National Heart, Lung and Blood Institute's (NHLBI) National Asthma Education and Prevention Program, Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma (2007). Asthma Educators teach members about trigger avoidance, medication use and when to call their physician. There is a strong focus on environmental education. Nurses stress the benefit of following the member's Asthma Treatment Plan, and taking a controller medication as prescribed.

Chronic Obstructive Pulmonary Disease (COPD)

Based on the Global Strategy for the Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease (December, 2007), the program focuses on the five components of effective management: assess and monitor disease, reduce risk factors, manage stable COPD, manage exacerbations and recommendations in primary care. Our COPD Educator encourages members to see their physician regularly, and coaches them on energy conservation as well as lifestyle modification to improve functional status.

Congestive Heart Failure (CHF)

This program is based on the ACC/AHA Guideline Update for the Diagnosis and Management of Congestive Heart Failure in the Adult evidence-based standards of care. The Heart Failure program stresses regular followup with physicians, the importance in obtaining lab work as ordered, recording daily weight, knowing when to alert their doctor, and healthy lifestyle recommendations.

Diabetes

The American Diabetes Association (ADA) Clinical Practice Guidelines, updated annually,

are evidence-based standards of care and act as the basis for member education. Our Diabetes Educators strongly encourage members to see their physician regularly, to obtain HgA1c testing, cardiac profiles, kidney evaluation and foot exam annually, and to obtain an annual Dilated Retinal Exam (DRE).

Hypertension

The Hypertension program is based on the Seventh Report of the Joint National Committee on Prevention Detection, Evaluation, and Treatment of High Blood Pressure (2005) evidence-based standards of care. Our Hypertension Educators encourage members to see their physicians, to keep track of their BP numbers, to have lab work completed annually, and to follow healthy lifestyle recommendations.

Lead Case Management

The CDC Guidelines and the Medical Evaluation and Follow-Up Recommendations for Asymptomatic and Symptomatic Children developed by the New Jersey Physician Lead Advisory Committee and New Jersey Department of Health and Senior Services Childhood Lead Screening Requirements are used as the basis for member education. The law in NJ requires all Providers to check an initial Blood Lead level of all our members by age 1, and again by age 2. To enroll a member in a Disease Management Program, call Horizon NJ Health at **1-800-682-9094** and select the appropriate extension:

- Asthma **x89737**
- COPD **x89607**
- CHF **x89614**
- Diabetes **x89440**
- Hypertension **x89737**
- Lead Case Management **x89406**