



Living with a Chronic Disease Our Disease Management Programs

If you have diabetes, asthma, congestive heart failure, chronic obstructive pulmonary disease or coronary artery disease, you know you need to manage your disease every day in order to stay healthy. That means keeping track of medicines, test, doctor appointments and your diet.

Highmark can help you work more closely with your doctor and get involved in taking care of yourself. You just need to take advantage of our disease-management programs.

You may have already been contacted for this program. Members with the conditions mentioned above are identified as eligible for our unique disease-management program through claims data, pharmacy utilization reports, self-assessment surveys and recommendations from physicians. Health Coaches then reach out to these members through calls or mailers. If you've not been contacted and you have one of the conditions listed above, call Blues On CallSM at 1-888-BLUE-428 to learn more.

Members who are involved in the program tell us that the support they receive helps them make more informed health care decisions, making them better able to manage their chronic conditions. If you have a chronic health condition, call 1-888-BLUE-428 to learn about the services available to you.