



HEALTH SUPPORT

REGENCE CONDITION MANAGER

helps you get a handle on your health.

Dealing with a chronic condition?

Need someone in your corner?

We have the support you need.

We can help you stay on top of things

This voluntary program gives you the support, answers and guidance you need to keep your chronic condition in check and you in charge. Our nurses are available 24/7, because your health is a 24-hour priority. **Regence Condition Manager is not insurance but is offered in addition to your medical plan to help you get information and support when you need it.**

Registered nurses and other health care professionals are available to offer support for health conditions, including:

- Diabetes
- Asthma*
- Chronic obstructive pulmonary disease (COPD)
- Heart failure
- Coronary artery disease (CAD)

Caring nurses will work with you to answer your questions and help you better understand your physician's treatment plan. You'll also find a wide range of information on regence.com to help you understand your condition and proactively manage your health. Plus, you'll get information and support—including care reminders, newsletters and educational materials—based on your individual health needs.

If you or a family member has questions or concerns about a chronic health condition, or if you could use some expert guidance, call 1 (800) 267-6729.

WELL TIP ▶ *This program is available at no additional cost to you.*

* For educational support