

Disease Management

Breathe with Ease Asthmasm Program

Molina Medicare provides an asthma disease management program called *Breathe with Easesm*, designed to assist members in understanding their disease. The *Breathe with Easesm* program is designed for children (at least 2 y/o upon enrollment) and their caregivers and for adults who have a confirmed diagnosis of Asthma. Molina Medicare has a special interest in asthma, as it is the number one chronic disease diagnosis for our members. The program educates the member and family about asthma symptom identification and control. Our goal is to partner with you to strengthen asthma care in the community.

Healthy Living with Diabetessm

Molina Medicare has a diabetes health management program called *Healthy Living with Diabetessm* designed to assist members in understanding diabetes and self-care. The member must have a confirmed diagnosis of diabetes, (non- gestational and/or non-steroid-induced). Each identified member will receive specific educational materials and other resources in accordance with their assigned stratification level. Additionally, all identified members will receive periodic educational newsletters.

Heart Healthy Livingsm

Molina Medicare has a cardiovascular program called Heart Healthy Livingsm designed to teach members 18 years of age and over how to manage their coronary artery disease, hypertension or congestive heart failure. The member must have a confirmed diagnosis of hypertension, coronary artery disease and/or heart failure. Each identified member will receive educational materials about their condition and ways to stay healthy. All identified members will receive periodic educational newsletters.

Healthy Living with COPD

Molina Medicare has a COPD program called *Healthy Living with COPD* for members 35 years of age and over. The member must have a confirmed diagnosis of COPD. The program is designed to teach members how to manage their emphysema and chronic bronchitis through educational materials, such as brochures and newsletters, based on their stratification level.

Building Brighter Days Depression Program

Molina Medicare has a Depression program called Building Brighter Days for members 18 years of age and over. The program is designed to provide better overall quality of life and clinical outcomes by using assessments tools for early identification of symptoms and by providing continual care and monitoring, with development of goals focused on self-advocacy for the member and their support systems.

Physicians receive results of their patient's self-assessments and updates describing interventions and education offered to members. In addition, practitioners receive notifications and patient profiles on all members enrolled in any of the disease management program. Members shall participate in the program for the duration of his or her eligibility with the plan's coverage or until the member opts out.

Members in the highest risk levels for any program may be enrolled in case management. The role for clinical case management is the provision of short-term acute interventions that may be needed in order for members to be successful with the goals of the overall program. This may involve the management of an acute co-morbid condition facilitating services for the member through the health care continuum. The case manager will collaborate with other team members as appropriate including the treating physician(s), health education/care management staff, and/or a registered dietitian.