

Chronic Disease Management Program

Sentara Health Plans has developed the new Chronic Disease Management (CDM) program. Our program helps your patient understand and manage their conditions. It also outlines any factors that can have an impact on their health. The CDM program is designed to reinforce your treatment plan for your patient. Participation in the program is voluntary.

We're here to partner with you.

Patients are not automatically enrolled in CDM when Sentara Health Plans identifies them as having this condition. However, patients may opt out of the program at any time, if they chose to participate.

The CDM program will supply the following services:

- Educational materials to assist the patient in self-management
- 24-hour Nurse Advice Line
- Support from our nurses and other care staff
- Community education classes
- Communication with you on their plan of care

If you have any questions or your patient wishes to start participating, please call us toll-free at **1-866-243-0937 (TTY 711)**. We are available Monday through Friday, 8 a.m. to 5 p.m., except holidays.

We welcome your feedback. If you would like to enroll patients who are members of Sentara Health Plans and have not been identified for the program, please let us know.



The Centers for Medicare & Medicaid Services (CMS) estimates that approximately **one in four adults** have two or more chronic conditions, qualifying them to receive CDM services.

Consultative CDM is a patient-centered approach to care that proactively manages the health of patients with chronic conditions. Sentara's CDM program currently includes diabetes (adult and pediatric), hypertension, chronic obstructive pulmonary disease, asthma (adult and pediatric), and congestive heart failure.

**For more information,
please visit the
link below:**

chartspan.com

Facts About CDM and Chronic Illness

- Living with chronic illnesses creates a mental, physical, and financial burden for patients and leads to higher costs and complexity for their providers.
- According to the CDC, chronic disease is the leading cause of death and disability and the leading driver of \$4.1 trillion in annual healthcare costs in the U.S.
- CDM aims to improve patients' quality of life, assist in managing symptoms, prevent complications, and promote patient self-management across healthcare and community settings.
- CDM programs have demonstrated positive health outcomes for enrolled patients. By offering a structured and coordinated approach to care, these programs not only enhance the patient experience but also lead to **reduced hospital readmissions**, fewer emergency room visits, and better chronic disease management.
- The collaborative nature of CDM ensures that patients and healthcare providers are aligned in their goals, driving overall improvements in the healthcare landscape.
- Chronic conditions typically last for a lifetime and may not have a cure. People with chronic illnesses often need ongoing medical care to manage their symptoms and slow down the progression of the disease. Chronic Disease Management emphasizes preventive measures to proactively address chronic conditions and prevent exacerbation and subsequent health issues in between regular office visits.

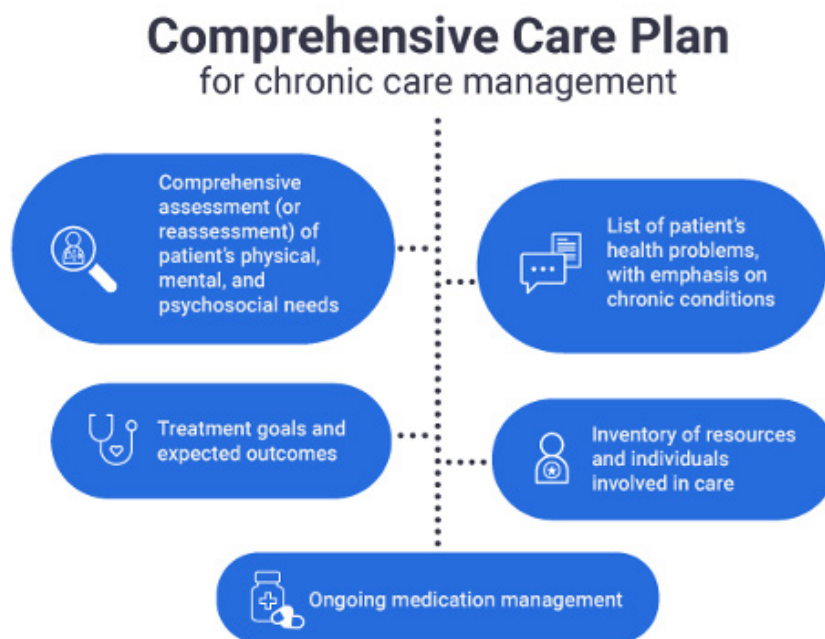


Figure 1: greenwayhealth.com (Best Practices Site)

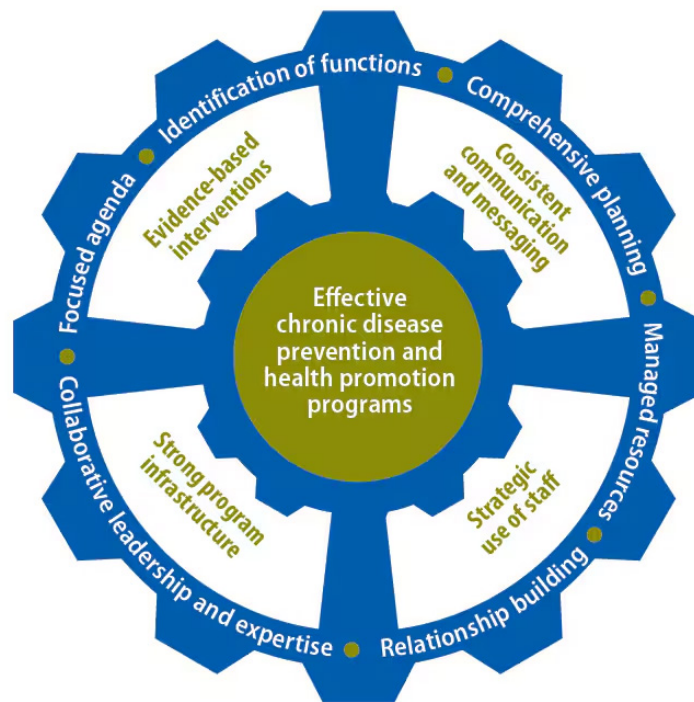
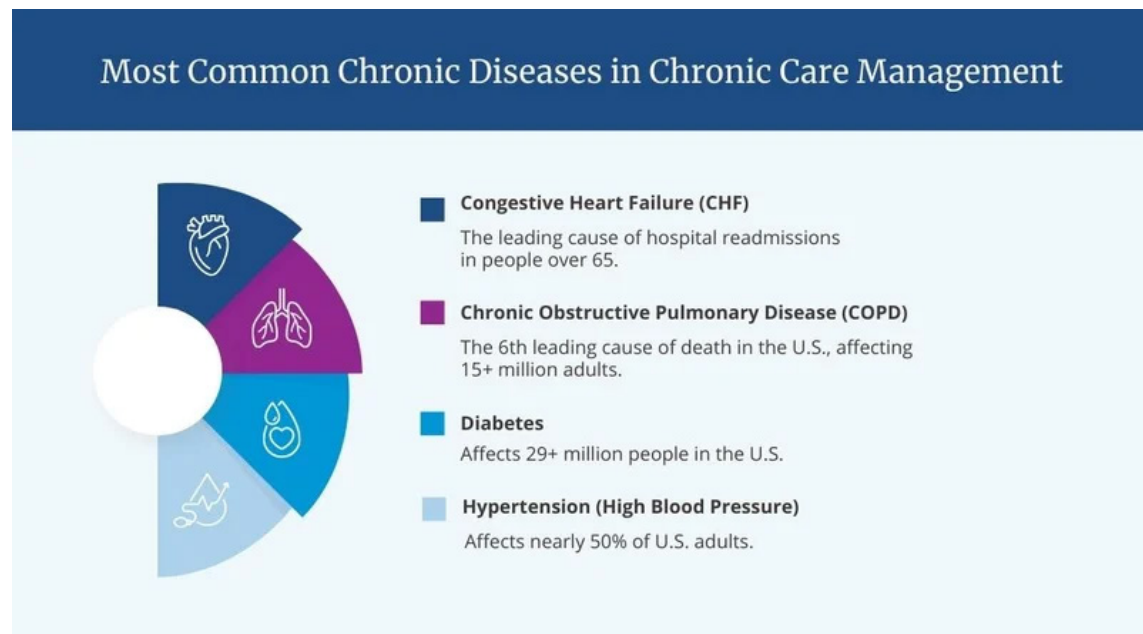


Figure 2: A Customizable Model for Chronic Disease Coordination: Lessons Learned From the Coordinated Chronic Disease Program ([cdc.gov](https://www.cdc.gov))



CHRONIC CARE MANAGEMENT

HOW MUCH DOES CHRONIC DISEASE IMPACT THE UNITED STATES?



6 IN 10

U.S. adults have at least one chronic illness like heart disease, cancer, diabetes, hypertension, or COPD

#1

Chronic diseases are the leading causes of death in the U.S.



CHRONICALLY ILL PATIENTS...



Account for **81%** of hospital admissions



Account for **91%** of all prescriptions filled



Account for **76%** of all physician visits

AND WE PAY HEAVILY FOR THESE TREATMENTS...

90%

of the average \$3.5 trillion annual U.S. health budget is spent on treating the chronically ill



BUT WE COULD BE INVESTING IN PREVENTION...

80%

of chronic diseases could be eliminated by preventive measures and \$8.3 billion in costs could be saved in the healthcare system



PREVENTION IS THE ANSWER

Figure 4: 16 Facts You Should Know About Chronic Disease Management - Wellbox
Pulls the data from

Fast Facts: Health and Economic Costs of Chronic Conditions | Chronic Disease | CDC