

Respiratory Disease Management Program



The Sentara Health Plans Respiratory Disease Management Program provides members with the support they need to help keep their chronic obstructive pulmonary disease (COPD) under the best possible control. Asthma and COPD are ongoing diseases of the airways in the lungs. These diseases cannot be cured, but can be controlled. The goal of these programs is to help members establish lifestyle management practices that prevent damage to their lungs.

Members are eligible for the program if they are in active treatment for asthma and/or COPD.

Key Aspects of the Program:

- Case managers reach out to eligible members to invite them to participate and perform an initial risk assessment.
- Case managers follow up with members and their providers to develop an individualized care plan, which will include measurable goals such as:
 - annual visit with their primary care physician (or more frequently as needed)
 - nutrition and activity plan
 - annual influenza vaccination, as appropriate
- Members and their providers can access the care plan 24/7 through the secure portals on [sentarahealthplans.com](https://www.sentarahealthplans.com).
- Case managers engage members regularly to review and update the care plan, while assessing any changes in the member's condition or needs.



Questions? Call 1-866-503-2730 or email mylifemyplanrewards@sentara.com