

Respiratory Disease Management Program

The Optima Health Respiratory Disease Management Program provides members with the support they need to keep their asthma and/or Chronic Obstructive Pulmonary Disease (COPD) under the best possible control. Asthma and COPD are ongoing diseases of the airways in the lungs. They cannot be cured but can be controlled. Our overall program goal is to help members establish lifestyle management practices that prevent damage to the 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 optimahealth.com.
- Case managers engage members as frequently as every two weeks but no less than every three months to review and update the care plan, while assessing for any changes in the member's condition or needs.

