

## Ongoing Condition Care through UMR

Managing an ongoing condition takes patience and a gentle approach to caring for yourself. Begin living your best life by taking advantage of UMR's Ongoing Condition CARE Program.

UMR's Ongoing Condition CARE Program offers expert resources and one-on-one support to help those with ongoing conditions gain control of their health. It starts with being open to moving in a positive direction and working to make small but important changes to your daily routine. This program is open to all Provo City School District medical plan participants that have one or more of the following conditions:

- **Neuromuscular/Autoimmune Disorders:** ALS, Multiple Sclerosis, Myasthenia Gravis, Rheumatoid Arthritis
- **Cardiovascular Disorders:** Hypertension, Heart Failure, CAD
- **Respiratory Disorders:** Asthma, COPD
- **Behavioral Health Disorders:** Depression, Generalized Anxiety Disorder
- **Blood Disorders:** HIV, Hepatitis C, Sickle Cell Anemia
- **Gastrointestinal Disorders:** Ulcerative Colitis, Crohn's Disease
- **Oncology:** Breast, Prostate, Colorectal or Lung Cancers
- **Endocrine Disorders:** Diabetes (Type 1 & Type 2)
- **Genitourinary Disorders:** Chronic Kidney Disease (CKD)

### Benefits of Better Health

When you can manage your symptoms, you can:

- Feel better and do more
- Avoid flare-ups that lead to ER visits
- Cut your out-of-pocket costs
- Reduce or eliminate the need for medications
- Lower your long-term risk

### Care on the Go

The CARE app, powered by Vivify Health, allows you to connect with your CARE nurse through your mobile device. With the app, you can:

- Send & receive text messages securely with your CARE nurse if you're enrolled in a clinical pathway
- Access educational articles & videos about general wellness or specific conditions
- Track blood pressure, blood sugar, oxygen level & weight. This information is shared with your CARE nurse to help manage your condition (when appropriate)

### Get Started

You can sign up to work with a UMR CARE nurse in three easy ways:

1. Log in to UMR.com and from the Health Center, select Ongoing Conditions and then select Enroll Now
2. Scan the QR code to the right
3. Call us toll-free at 866-575-2540

### Personal Care Nurse

Individuals with one or more of the managed conditions may be invited to participate in a series of one-on-one calls with a UMR CARE nurse. You can also self-enroll any time.

Our CARE nurses are ready to provide you with customized guidance and support, wherever you are in your health journey. They are informed, compassionate listeners who can answer your questions & empower you to make better choices to improve your daily life.

If you enroll in the program, you'll be assigned a dedicated CARE nurse who can help you:

- Set up a personalized plan for managing your ongoing health condition
- Get answers to your questions
- Understand your provider's treatment plan or instructions for care - and help you stick to it

