



ASEA/AFSCME Local 52 Health Benefits Trust. Disease Management Program *Helping you make changes for the better*

The help you need to make the right decisions about your health

The ASEA Health Benefits Trust disease management program is a health improvement benefit available through HCCMCA participating member plans, if you have any of these chronic conditions:

- Asthma
- Congestive Heart Failure
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Diabetes
- Musculoskeletal Pain Management

Managing any health condition can be difficult, but managing long lasting, chronic conditions can be even more difficult. However, having a chronic illness does not need to keep you from living a full life.

The disease management program is available to give you personal support and information to help you make a positive difference in your life:

- It's personal.
- It's private.
- And it's available at no additional cost to you.

Here's what you can expect:

A team of compassionate healthcare professionals are on call for you 24 hours a day, all year round through a toll-free phone number.

Specially qualified to give you the latest health information, a care manager can help you:

- Learn to recognize your symptoms and lessen their effects
- Understand which treatments and medications work the best for you
- Help you follow your doctor's plan of care
- Live healthier and feel your best, every day

Whether or not you want to participate is completely up to you. Any information you share is strictly confidential and only shared with your physician or healthcare providers in determining the best treatment plan for you. And, best of all, it's an added benefit from the ASEA Health Benefits Trust that won't cost you an extra cent.

This program has improved the lives of thousands of people around the country, and it can do the same for you. To learn more visit or call us.



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