

You want to get the most out of life.
We're here to help.

Managing *Chronic Disease*



Live Better.

There are a lot of important reasons why you want to get the most out of life. And you know you need to manage your chronic condition in order to do that. Having accessible, expert help makes it a lot easier.

Your Managing Chronic Disease benefit puts that help within easy reach.

The benefit covers education and coaching services to gain the knowledge - and the confidence - to take charge of your health and get the health outcomes you want.

Services are provided by specialized health professionals - with no doctor's referral required.

84% of plan members **WOULD LIKE TO KNOW MORE ABOUT THEIR CONDITIONS** and how to treat them.

- 2018 Sanofi Canada Health Care Survey

Breathing Easier, Living Better

Since their diagnosis at age two, 13-year-old twin brothers Mark and Matthew struggled to manage their asthma. After learning about the Managing Chronic Disease benefit through her employer, their mother contacted a certified respiratory educator for help. The educator helped them to understand and control their symptoms, identify and avoid triggers, take medications as prescribed and use their inhalers correctly. Today they're not only breathing easier, they're healthier and happier young teens. And their mother has confidence in the twins' ability to manage their own condition as they gain more independence.





Is the Managing Chronic Disease Benefit for you?

- q Think you could do more to improve your health - between doctors' visits - but not sure where to turn for information and advice?
- q Would you like to learn and adopt new tools and skills to get the most out of your treatment plan- and control the symptoms that sometimes interfere with your daily living?
- q Do you simply want the coaching and motivation to feel better and do more of the activities you enjoy?

Whether you have a newly diagnosed condition or have been managing your condition for years, if you answered yes to any of the questions above, the Managing Chronic Disease benefit is for you.

**Help
is right**

A nationwide team of health care providers specializing in health coaching and education services

**at your
fingertips.**

Nurses, pharmacists, respiratory therapists
One-on-one consultations - in person, over the phone, or by videoconference.

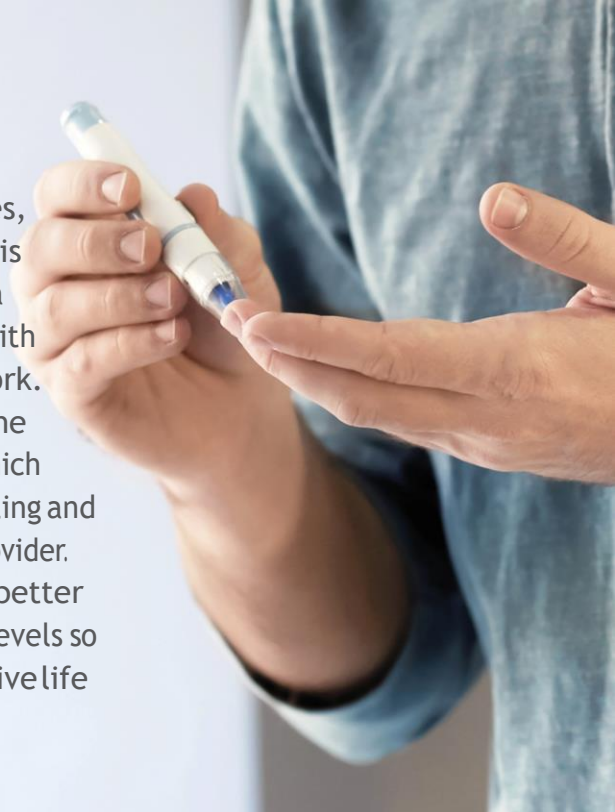
Managing Chronic Disease

Studies show: Patients who use
HEALTH COACHING SERVICES
experience a **SIGNIFICANT**
IMPROVEMENT in their health.

- Clinical Health Coach

Taking Action and Getting Back on Track

Like many people who have diabetes, John found it challenging to meet his blood sugar targets on his own. As a result, he had difficulty keeping up with daily activities, both at home and work. Then his employer advised him of the Managing Chronic Disease benefit, which covered the health education, counselling and support services of a diabetes care provider. She gave John skills and strategies to better monitor and maintain his blood sugar levels so that he could return to his normal, active life and avoid complications.





You aren't alone:

2 in 3

Canadians will develop a chronic disease in their lifetime.

- Public Health Agency of Canada

...and 6 in 10

employees with a chronic condition **WOULD USE A HEALTH COACH BENEFIT** if available

- According to the 2017 Sanofi Canada health-care survey, health coaching is a popular idea: 61 per cent of plan members expressed interest in coaching around personal health goals.

Ongoing Education and Support for Better Health

Covered Conditions

Our team of specialized health care professionals offer the knowledge, skills and resources to help you self-manage your condition on a day-to-day basis, while doing the things you need and want to do.

Have asthma or COPD? A lung health educator can help you to identify your triggers and control your symptoms.

Diabetes? Work with a certified diabetes educator to set and achieve goals for your blood sugar to minimize complications.

High Cholesterol or Blood Pressure? Understand the importance of drug adherence and set goals to lower your cholesterol - and keep your blood pressure in check - with the help of your health coach.

Smoker? Get expert services and support to kick the habit.

Eligible Amount

You will be reimbursed for 80% of the total amount for services received - up to \$500 per year. You may only need one session or two to start you on your journey to better health - and how can you place a value on that? (Plans have the option of choosing a different copay amount and annual combined maximum.)

We give you the **TOOLS AND COACHING SUPPORT** to help you take charge of your condition.



Take Steps Today for a Healthier Tomorrow

Our approach is simple - making it easier for you to get the help you need to take charge of your health.

STEP 1

Connect with a Specialized Health Professional

Go to our website at medaviebc.ca/livebetter to locate the approved health educators and practitioners on our team nearest you. You can also use the provider search feature on our mobile app, Medavie Mobile at medaviebc.ca/app

STEP 2

Receive Ongoing Education, Skills and Support

Work together with your care provider to take action and stay on track toward a healthier you. You can receive services either in-person or by phone, from the comfort of your home. The choice is yours.

It's health care on your terms to help you live better.



Our Medavie
Mobile app
makes finding
a **HEALTH CARE
PROFESSIONAL**
and getting
REIMBURSED
quick and easy.



STEP 3

Get Reimbursed for Services

Not only are services easy to access, it's easy to get reimbursed. You submit a claim for reimbursement the same way you would for other benefits. It's that simple.

STEP 4

Get More Pleasure out of Life

Once you have a personalized plan and coaching support in place, you can get back to living a fuller, healthier life.

Services Tailored to Meet your Needs

Our specialized health care professionals will work closely with you to:

- Improve your understanding of your condition
- Know how to best manage your symptoms
- Develop a personalized treatment plan, based on your specific situation and goals
- Take your medication as prescribed
- Receive training and support in using medical delivery devices and equipment such as inhalers, glucometers, continuous glucose monitors, insulin pumps
- Know what questions to ask your doctor
- Guide and support you on your path to wellness - every step of the way



Answering the Wake-up Call

When Marie turned 40, she decided it was time to make changes to her lifestyle and reduce risk factors for heart disease. Having had a mother who suffered a stroke at a young age, she wanted to do everything she could to protect her health for the long term. That's when the mother of three heard about the Managing Chronic Disease benefit, which covered one-on-one consultations with a health care coach. Together, they created an action plan to treat her elevated cholesterol and mild hypertension. With the ongoing support and motivation of her coach, Marie is on track toward a healthier future.

Start your Journey to Better Health

So, are you ready to take the steps
toward a healthier and happier you?

Start today, by visiting
medaviebc.ca/livebetter

A First for Canada

The Managing Chronic Disease benefit is made possible by your employer through your Medavie Blue Cross group plan. A trusted brand for 75 years, Medavie Blue Cross was the first insurance provider in Canada to offer an enhanced support program for members and their dependents, living with chronic health conditions.



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