

Highmark Health Options Lifestyle Management/Wellness Programs *Balancing Lifestyle for maximum health and wellness*

PROGRAM	ASTHMA	CARDIAC	COPD	DIABETES	HEALTHY WEIGHT MANAGEMENT	MATERNAL OUTREACH MANAGEMENT (MOM) OPTIONS MATERNITY
Eligibility	Ages 2 and older with diagnosis of Asthma	Ages 21 and older with the following diagnosis: AMI, Atrial fibrillation, CHF, heart failure diagnosis, IVD, MI, or stroke	Ages 21 and older with COPD diagnosis	All age groups with Type 1 or Type 2 diabetes diagnosis	Adults and children with elevated Body Mass Index (BMI) *Adult: >25 *Children 3 or older: > 85 th % *Learn if you can participate in our Diabetes Prevention Program (18 & older)/YMCA Partnership*	All pregnant females

Contact for referrals & information	Highmark Health Options 1-844-325-6251					
Description	<ul style="list-style-type: none"> • These programs provide patient education for medication, healthy weight management, and lab testing adherence, as well as other tools to reduce inpatient and emergency room utilization • Programs emphasize prevention and exacerbation of complications by using evidence-based guidelines and self-empowerment strategies • These programs support the physician's plan of care and the provider-patient relationship 					This prenatal program offers care coordination to reduce low birth weight, pre-term deliveries and neonatal intensive care unit (NICU) admissions
Enrollment	Members are identified through claims, Highmark Health Options utilization management, pharmacy and member services departments, member self-referrals and provider referrals Your referrals are welcome!					Provider submission of the Obstetrical Needs Assessment Form (ONAF) helps identify high risk women for proactive interventions
Coordination of Care	<ul style="list-style-type: none"> • Care Managers assist you and your patients with coordination of care for specialist visits and other health care needs that may need to be addressed • Home health, behavioral health, durable medical equipment (DME), and community referral needs are coordinated through the Highmark Health Options Care Management Department 					
Provider Benefits and Support	<ul style="list-style-type: none"> • Highmark Health Options' Lifestyle Management of members aims to: <ul style="list-style-type: none"> ○ Decrease inpatient and emergency room utilization ○ Increase appropriate lab testing and medication adherence ○ Encourage adherence to obtain flu and pneumonia immunizations as well as other preventative testing and procedures ○ Provide education to assist your patients in understanding their conditions and potential lifestyle implications ○ Encourage motivation for your patients to assume a proactive role in their health 					
Web-based Education	Go to: www.highmarkhealthoptions.com Click on "Health & Wellness" (top toolbar) and/or "Providers" (top toolbar) > Training					
Referral Source to quit tobacco	Refer patients to the Delaware Quitline at 1-866-409-1858					