

L.A. Care
HEALTH PLAN®
For a Healthy Life



L.A. Care offers three no-cost disease management programs:



L.A. Cares About **Asthma**®



L.A. Cares About **Diabetes**®



L.A. Cares About **Your Heart**®

All programs provide a comprehensive, ongoing, and coordinated approach to achieving desired outcomes.

These outcomes include improving patients' clinical condition and improving patients' quality of life.

L.A. Care's disease management programs not only help facilitate patients' care but also offer benefits to you.

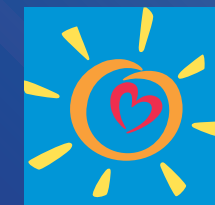
Physician benefits include:

- Access to patient specific condition monitoring.
- Collaboration to support treatment plan.
- Assistance in educating patients on self-management (which includes prevention of exacerbation and complications).
- Use of evidence-based practice guidelines in program content.

lacare.org



Disease Management Programs



L.A. Care
HEALTH PLAN®

Optimizing care for those with chronic health concerns

L.A. Care members who qualify are automatically enrolled in these programs upon identification and may opt out of services at any time.

Interventions are based on severity level and include, but are not limited to:

- Enhanced health education for all members (welcome packet containing health education and program information).
- Telephonic coaching from a nurse or health educator for members with greater needs.

Learn about each program and what you can do to help L.A. Care members who qualify.



L.A. Cares About **Asthma**®



L.A. Cares About **Diabetes**®



L.A. Cares About Your **Heart**®

Who is eligible?

- L.A. Care Cal MediConnect Plan
- L.A. Care Covered
- L.A. Care Medi-Cal Direct
- Healthy Kids
- PASC-SEIU Homecare Workers Health Care Plan for In-Home Supportive Services Workers

And

- Diagnosis of asthma
- Ages 5 years and above

What can I do as a physician?

- Return the letter you may receive to classify your patient's asthma.
- Make sure your patient has received and understands an asthma action plan.
- Consider recommending an asthma control test and peak flow meter for each patient.
- Review clinical practice guidelines to improve assessment and treatment of asthma.

What if I have questions?

- Call 1.213.694.1250 x 5426, or e-mail asthmadm@lacare.org

How do I make a referral?

If you want to refer a new patient or confirm a patient is in the program

- Call 1.888.200.3094

Who is eligible?

- L.A. Care Cal MediConnect Plan
- L.A. Care Covered
- L.A. Care Medi-Cal Direct
- Healthy Kids
- PASC-SEIU Homecare Workers Health Care Plan for In-Home Supportive Services Workers

And

- Diagnosis of diabetes
- All ages

What can I do as a physician?

- Confirm that your patient has completed all appropriate screening tests.
- Consider recommending home glucose monitoring for your patient if they are not currently testing.
- Review clinical practice guidelines to improve assessment and treatment of diabetes.

What if I have questions?

- Call 1.213-694.1250 x 5436, or e-mail diabetesdm@lacare.org

How do I make a referral?

If you want to refer a new patient or confirm a patient is in the program

- Call 1.877.796.5878

Who is eligible?

- L.A. Care Cal MediConnect Plan
- L.A. Care Covered

And

- Identified as being at risk for cardiovascular disease
- Ages 18 and above

What can I do as a physician?

- Return the letter you may receive to classify your patient's level of risk of cardiovascular disease.
- Ensure your patient is receiving proper testing and medications for their diagnosis.
- Review clinical practice guidelines to improve assessment and treatment of cardiovascular disease.

What if I have questions?

- Call 1.213.694.1250 x 5430, or e-mail heartdm@lacare.org

How do I make a referral?

If you want to refer a new patient or confirm a patient is in the program

- Call 1.855.707.7852