



# Disease management coaching

*Manage your health conditions with Iowa Total Care. Get healthy and get rewarded!*

Iowa Total Care offers **FREE disease management coaching** for our members. Learn how to manage your health condition and how to stay healthy. We provide services for many conditions, such as asthma, COPD, CHF, CAD and high blood pressure.

Members can earn **up to \$90 per year in My Health Pays® rewards**. You can use your rewards to help pay for everyday items at Walmart, utilities, transportation, cell phone bill, childcare services, education and rent.

My Health Pays® Rewards for Disease Management Coaching	
Initial intake assessment	\$10
Creation of care plan with measurable goals	\$30
Successful closure of care plan	\$50
<b>TOTAL POSSIBLE REWARDS</b>	<b>\$90</b>

*Have any of these conditions? Disease management coaching can help!*

**ASTHMA:** A chronic lung disease that inflames and narrows the airways in the lungs. Symptoms include coughing, shortness of breath and chest tightness.

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD):** A group of lung diseases that cause you to have trouble breathing.

**CONGESTIVE HEART FAILURE (CHF):** A disease that occurs when your heart is too weak to pump blood.

**CORONARY ARTERY DISEASE (CAD):** When a substance called plaque builds up in the arteries that supply blood to the heart.

**HIGH BLOOD PRESSURE:** The pressure of blood pushing against the walls of your blood vessels is consistently too high.

Ready to enroll? Call 1-833-234-9026.

Iowa Total Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. | Iowa Total Care cumple con las leyes federales de derechos civiles aplicables y no discrimina en base a la raza, el color, el país de origen, la edad, la discapacidad o el sexo.

Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call 1-833-404-1061 (TTY: 711). | Usted tiene a su disposición, sin costo alguno, servicios de asistencia de idiomas, ayudas y servicios auxiliares, material impreso en letra más grande, traducción oral y otros formatos alternativos. Para obtener esto, llame al 1-833-404-1061 (TTY: 711). | 可以免费为您提供语言协助服务、辅助用具和服务以及其他格式。如需获得这些服务，请致电 1-833-404-1061 (TTY: 711).