

EWTF's Disease Management Program — Personalized Service for Our Members

Improving Your Health through Disease Management

Teamwork is the key to good health, and EWTF would like to introduce a new member to your team: your own Personal Health Nurse. If you participate in the Disease Management Program, you will be assigned a Nurse to help you set goals, build good habits and guide you through the health system in the most efficient way possible. Your Nurse will work with you (by phone) and your doctor to ensure you get coordinated, cost-effective and high-quality care.

Your Personal Health Nurse Provides Support, Coordinates Your Care

Your Personal Health Nurse is available to help you and your family better understand your health needs and work with your physician(s) to efficiently manage your care and support you as you work to manage your health.

A Go-To Resource You Can Trust

Your Nurse can help answer your questions between doctor visits, explain diagnoses and explore different community resources with you. All Nurses providing care are registered nurses with diverse clinical backgrounds.

Coordinating Your Care

Working with your physician, your Personal Health Nurse helps to verify that your information is accurate and up-to-date. In the event you are seeing more than one doctor, your Nurse will make sure all of your doctors have the latest information about your health and care. This coordination can make diagnosis and treatment more accurate, more effective and less expensive for you.

It's Confidential!

The program is completely confidential and compliant with HIPAA regulations. All data is screened by a third-party and your employer will not see or have access to your personal information.

How to Get Involved

You or your covered dependent may be eligible to participate in the Disease Management Program if you are enrolled in an EWTF medical benefits program and have:

- a health condition that places you at a high risk for developing more serious health conditions;
- a chronic health condition that needs to be managed; or

What is the Disease Management Program?

The Disease Management Program is a voluntary, confidential program provided at no cost to help employees and their families with complex healthcare needs or various health conditions (like asthma, diabetes or heart disease). EWTF has partnered with the Conifer Disease Management Program to provide these services.

- an acute health episode, and would like a Personal Health Nurse to help you navigate the health system.

You may join the program in one of two ways:

1. **Receive an invitation.** If you are invited, you will receive a call directly from a Conifer Disease Management Nurse to discuss the program and your health care needs.
2. **Contact a Conifer Personal Health Nurse.** If you have a chronic condition or high-risk health issues and think you may qualify for the Disease Management program, you may contact one of the Personal Health Nurses by calling 1-800-459-2110. Be sure to identify yourself as a member of the EWTF.