

Get back in touch with the best of you

HealthChoice's **Ongoing Condition CARE** program offers expert resources and one-on-one support to help those with ongoing conditions gain control of their health. It starts with being open to moving in a positive direction and working to make small, but important, changes to your daily routine.

This program is available to health plan members with one or more of the following conditions:

- **Neuromuscular/Autoimmune Disorders:** ALS, Multiple Sclerosis, Myasthenia Gravis, Rheumatoid Arthritis
- **Cardiovascular Disorders:** Hypertension, Heart Failure, CAD
- **Respiratory Disorders:** Asthma, COPD
- **Behavioral Health Disorders:** Depression, General Anxiety Disorder*
- **Blood Disorders:** HIV, Hep C, Sickle Cell Anemia
- **Gastrointestinal Disorders:** Ulcerative Colitis, Crohn's Disease
- **Oncology:** Breast, Prostate, Colorectal, Lung
- **Endocrine Disorders:** Diabetes (Type 1 and Type 2)
- **Genitourinary Disorders:** Chronic Kidney Disease (CKD)

**Only when identified as a co-morbidity*

Personal CARE Nurse

Individuals with one or more of the managed conditions may be invited to participate in a series of one-on-one calls with a CARE nurse. Our CARE nurses address your main concern, positively impacting your care. This includes closing gaps in care, delivering evidence-based information and working directly with you to improve self-management and advocacy of your overall health.

This includes following your doctor's advice and addressing any barriers that might be holding you back. Our program allows you to self-enroll at any time, even after completing the program. Our CARE nurses are here to support you wherever you are in your health journey.

Getting started!

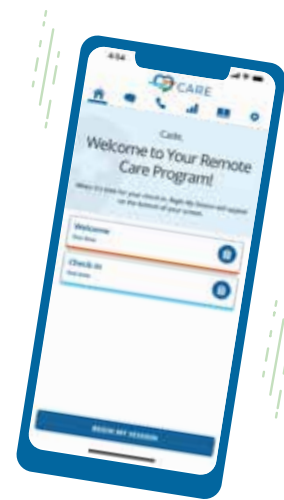
You can sign up to work with an Ongoing Condition CARE nurse in two easy ways:

- 1 Log in to **HealthChoiceOK.com** and visit the **CARE Health Center**, select **Ongoing Condition CARE** and then select **Enroll Now**.
- 2 Call us toll-free at **844-604-6246**, Monday through Friday, from 7 a.m. to 8 p.m. CST.

Your participation is voluntary, but highly encouraged, and all resources are available at no cost to you.

Continued...

Make your experience personalized, on demand anytime, anywhere



When you download the **CARE app**, powered by Vivify Health, you'll experience an integrated health care solution that blends technology with personal connections.

We will personalize your CARE experience to support and encourage self-management and advocacy. Some of the robust features include:

- Allows you to send and receive text messages securely when working with a CARE nurse.
- Ability for you to track blood pressure, blood sugar, oxygen level and weight. This information is then shared with your CARE nurse to help manage your condition (when appropriate).
- Ability for your dedicated CARE nurse to initiate virtual meetings with you if needed.

With the CARE app, there is something for everyone

For all members: We help maintain your health with ongoing wellness and health tips and provide access to educational materials and tools to help address any health concerns.

With our CARE programs, our CARE nurses are able to extend their communication with members via the CARE app to provide support.

When working with a CARE nurse: We provide a clinical, hands-on, heightened level of oversight with optional device integration and virtual visits.



Getting started is easy

Enroll today! We'll need some basic information along with an email address, mobile phone number, your member ID and group ID. **Simply scan the QR code** or access the enrollment page at care-enroll.vivifyhealth.com.



The HealthChoice Benefit App is also available through the App Store or Google Play and offers the ability to view claims, search for a provider, view your insurance card and more.

