



# Condition Management

**Chronic conditions like diabetes, hypertension and high cholesterol can take a toll on your health and your wallet. Premise Health's Condition Management programs help you manage both.**

## Get Active



## Get Healthy

Premise Health, in conjunction with the Associate Family Health Center, offers condition management programs for diabetes, high blood pressure and high cholesterol for BMW associates and covered dependents with these conditions. Through these programs, individuals can save time and money managing these conditions.

Call the Associate Family Health Center at 1-855-650-1212 for more information.

The Associate Family Health Center is managed and operated by Premise Health. Premise follows HIPAA guidelines regarding patient confidentiality. A copy of the HIPAA guidelines is available for your review at any time.



**Associate Family Health Center**  
415 Brockman-McClimon Road  
Greer, SC 29651  
855-650-1212 (Toll Free)  
864-989-1432





# Take Control



Learn about these three chronic conditions and how Premise Health's Condition Management programs can help you control them.

Condition	How to Get Help
<p><b>Diabetes</b></p> <p>Diabetes is a disease characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin. Diabetes increases your risk for many serious health problems related to body systems and functions, including kidneys, feet, skin, mouth, blood pressure, vision and hearing.</p> <p>In the U.S., diabetes is:</p> <ul style="list-style-type: none"> <li>■ The leading cause of <b>kidney failure, nontraumatic lower-limb amputations</b> and <b>blindness</b> among adults</li> <li>■ A major cause of <b>heart disease</b> and <b>stroke</b></li> <li>■ The <b>seventh leading cause</b> of death, with more than 8% of the population diagnosed with the condition</li> </ul>	<p><b>Dimensions Program</b></p> <p>You'll meet one-on-one with a Dimensions coach, who is a licensed pharmacist trained and certified in diabetes management. Your Dimensions coach can provide recommendations on how to live healthy with diabetes. When you fill your prescriptions at the Associate Family Pharmacy, copays for covered medications and certain covered diabetic supplies are waived for participating in this program.</p>
<p><b>Hypertension</b></p> <p>High blood pressure (or hypertension) occurs when too much blood pushes up against artery walls. This can damage healthy arteries and lead to life-threatening conditions, such as heart disease and stroke. Hypertension also takes a toll on kidneys and other organs, weakening their ability to function.</p> <p>In the U.S., hypertension:</p> <ul style="list-style-type: none"> <li>■ Is a <b>risk factor for developing cardiovascular disease</b></li> <li>■ Affects <b>one in three adults</b>, and almost half of them are uncontrolled</li> </ul>	<p><b>Lower to Live Program</b></p> <p>You'll meet one-on-one at the Associate Family Health Center with a registered nurse trained in condition management to learn key ways to reduce your blood pressure and make healthy lifestyle changes. If you actively participate in the Lower to Live program and fill your prescriptions at the Associate Family Pharmacy, your copays for generic medications and the cost of the blood pressure monitor are waived, which might also help lower your blood pressure!</p>
<p><b>High Cholesterol</b></p> <p>Cholesterol is a waxy, fat-like substance made by your body and found in certain foods, including meat, dairy and eggs. The body needs some cholesterol to function properly, but too much can lead to serious health problems. High cholesterol can lead to heart disease, cancer, stroke and atherosclerosis (the hardening of the arteries). High cholesterol has also been linked to diabetes and high blood pressure.</p> <p>In the U.S., high cholesterol:</p> <ul style="list-style-type: none"> <li>■ Affects more than <b>35% of the population</b>, doubling the risk of <b>developing heart disease</b></li> </ul>	<p><b>Cholesterol Management Program</b></p> <p>You'll meet one-on-one with a registered nurse trained in condition management. Through recommended diet, exercise and other lifestyle changes, along with medication compliance (if applicable), the nurse will help you lower and track your cholesterol. You will also receive periodic testing to measure your progress. When you fill your prescriptions at the Associate Family Pharmacy, copays for generic cholesterol medication are waived as a result of your participation in this program.</p>

## How Condition Management Works

Participation is as easy as one, two, three:

- 1 Complete your initial visit** with your Condition Management Coach in a private counseling room at the Associate Family Health Center. During this first appointment you will enroll in the program, review your medical history and discuss lifestyle habits. You will receive appropriate supplies and equipment at this time, and copays for your generic medications when you fill prescriptions at the Associate Family Pharmacy will be waived after you complete the visit.
- 2 Attend scheduled visits** with your Condition Management Coach, who will monitor your progress and provide continued counseling, education and support.
- 3 Complete routine testing** to track your condition and your progress.

## Why Enroll in Condition Management?

By participating in Premise Health's Dimensions, Lower to Live and/or Cholesterol Management programs, associates and dependents covered by BMW insurance receive the help they need to manage chronic conditions. Help includes counseling, education and monitoring, as well as **FREE** generic prescription drugs at the Associate Family Pharmacy, and certain covered related supplies and equipment. That's right, no copays for the generic medications needed to help manage one or all of these conditions when you fill your prescriptions at the Associate Family Pharmacy.

Premise Health's trained and certified health care professionals provide tips for managing day-to-day effects of your identified condition so that you can optimize your health and save money at the same time. Premise Health's condition management staff works with your primary care provider to help you manage your condition rather than letting your condition manage you!

## Sign Up Today!

For more information or to enroll in one of the condition management programs, call the Associate Family Health Center at **1-855-650-1212**.

When you fill your prescriptions at the Associate Family Pharmacy, copays for generic (or brand if no equivalent generic is available) prescription drugs needed to help manage these conditions are waived when you participate. Improved health and lower health care costs — that's a **win-win!**