

# Save Money with the Disease Management Program

State Health Benefit Plan (SHBP) members who are dealing with **asthma, diabetes or heart disease** can join the Disease Management Program (DM) and get certain prescriptions at no cost. When you join the program, you will be contacted every so often by a nurse that will help you in managing your disease.



## For Anthem/Blue Cross Blue Shield & United Healthcare...

To sign up for the Disease Management Program, just call your carrier. (Numbers are below!) Remember, when you sign up for DM, you are committing to manage your disease via periodic telephone calls with a nurse. If you do not actively participate in these calls, you will not be able to get prescription co-pays waived.

**Anthem: 1-866-901-0746 (select option 3)**

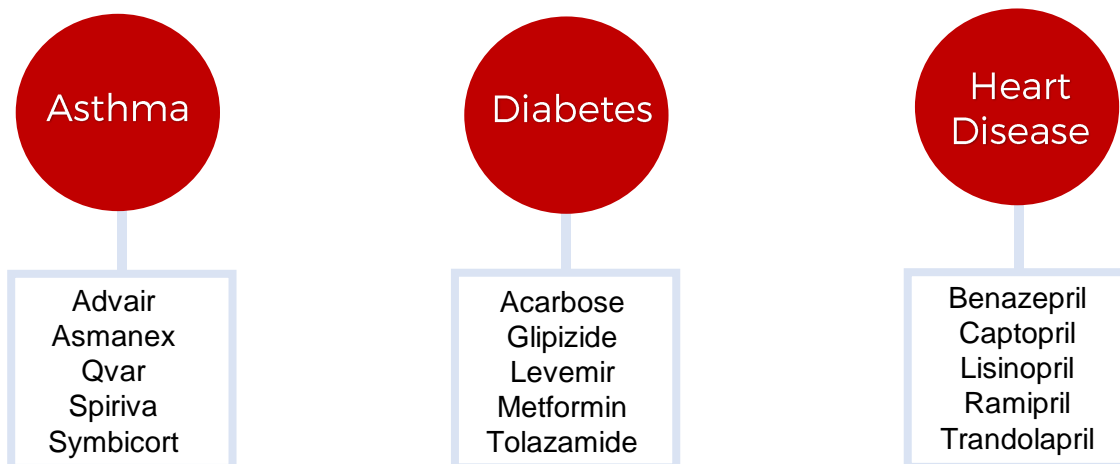
**United Healthcare: 1-888-364-6352**

## For Kaiser Permanente...

Unfortunately, Kaiser Permanente is not currently offering a disease management program.



## Covered Prescription\* Examples



*\*Note: this is NOT a complete list of covered medications! Call Blue Cross or United to learn more.*

Be sure to have your insurance card handy when you are ready to sign up!