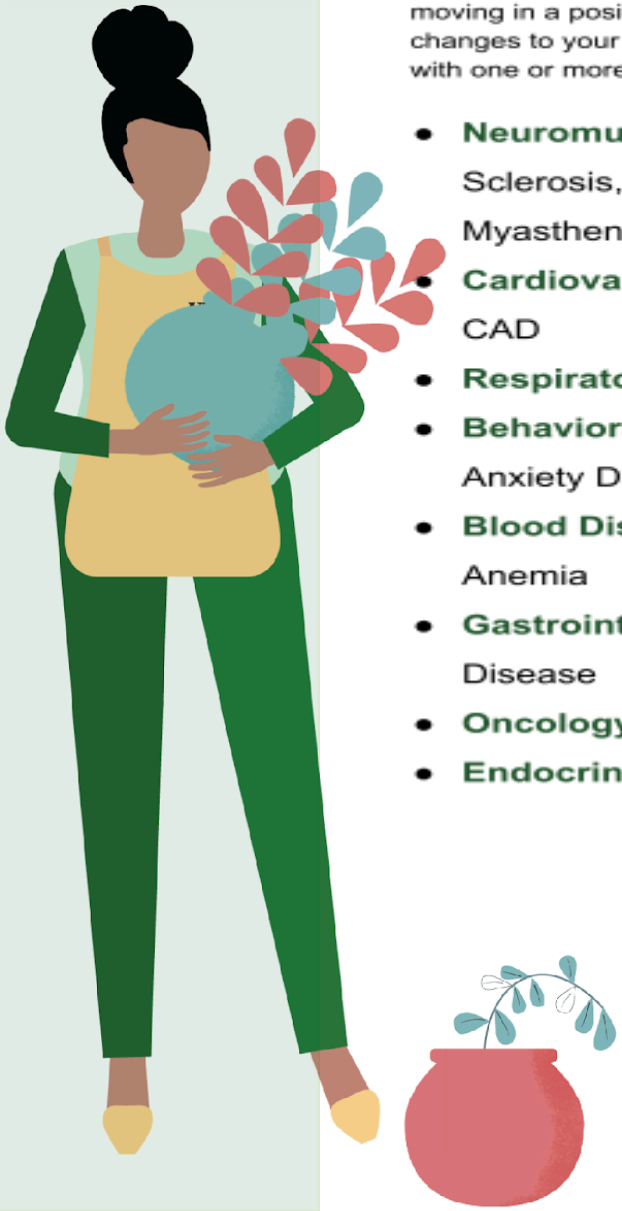
CARE
A UMR Solution

Ongoing Condition CARE

Begin living your best life

Managing an ongoing condition takes patience and a gentle approach to caring for yourself

Southern Utah University has teamed with **UMR's Ongoing Condition CARE** program to offer 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 open to medical 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, Generalized Anxiety Disorder
- **Blood Disorders:** HIV/AIDS, Hepatitis C, Sickle Cell Anemia
- **Gastrointestinal Disorders:** Ulcerative Colitis, Crohn's Disease
- **Oncology:** Breast, Prostate, Colorectal or Lung Cancers
- **Endocrine Disorders:** Diabetes (Type 1 and Type 2)

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

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BENEFITS OF BETTER HEALTH

When you are able to manage your symptoms, you can:

- Feel better and do more
- Avoid flare-ups that lead to ER visits
- Cut your out-of-pocket costs
- Reduce or eliminate the need for medications
- Lower your long-term health risks

CARE ON THE GO

The CARE app, powered by Vivify Health, allows you to connect with your CARE nurse through your mobile device. With the app, you can:

- Send and receive text messages securely with your CARE nurse if you're enrolled in a clinical pathway
- Access educational articles and videos about general wellness or specific conditions
- Track blood pressure, blood sugar, oxygen level and weight. This information is shared with your CARE nurse to help manage your condition

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 UMR CARE nurse. Or you can self-enroll at any time.

Our CARE nurses are ready to provide you with customized guidance and support, wherever you are in your health journey. They are informed, compassionate listeners who can answer your questions and empower you to make better choices to improve your daily life.

If you enroll in the program, you'll be assigned a dedicated CARE nurse who can help you:

- Set up a personalized plan for managing your ongoing health condition
- Get answers to your questions
- Understand your provider's treatment plan or instructions for care – and help you stick



LOOKING FOR HELP?

Log in to **umr.com** and select **Contact us** to send an email to the **Ongoing Condition CARE** program.

You can also call us toll-free at

800-207-3172

GET STARTED!

You can sign up to work with a UMR CARE nurse in three easy ways:

- Log in to **umr.com** and from the **Health center**, select **Ongoing Conditions** and then select **Enroll Now**.
- Scan the QR code.
- Call us toll-free at: **800-207-3172**

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