Alere ™

AvMed's Healthy Living

Disease Management Program

Helping you make changes for the better

The personal support you need to make the right decisions about your health.

AvMed's Healthy Living Disease Management Program, administered by Alere, is a health improvement benefit available to you through your employer if you have any of these chronic conditions:

- Asthma
- CAD – coronary artery disease
- COPD – chronic obstructive pulmonary disease
- Congestive heart failure
- Diabetes

Managing any health condition can be difficult, but managing long lasting, chronic conditions can be even more difficult. However, having a chronic illness does not need to keep you from living a full life.

The program is available to give you personal support and information to help you make a positive difference in your life:

- It's personal.
- It's private.
- And it's available at no additional cost to you.

If you have questions about the program, just log on to www.avmed.org. Or call 855-81-AVMED (28633) Monday through Thursday from 9 a.m. to 7 p.m., or Friday and Saturday from 9 a.m. to 6 p.m. EST.

Specially qualified to give you the latest health information, a care manager can help you:

- Learn to recognize your symptoms and lessen their effects

- Understand which treatments and medications work best for you

- Help you follow your doctor's plan of care

- Live healthier and feel your best, every day Alere, a company known for helping people improve their health by supporting their individual health goals, provides the support, education and the nurses. Whether or not you want to participate is completely up to you.

Any information you share is strictly confidential and only shared with your physician or healthcare providers in determining the best treatment plan for you. And, best of all, it's an added benefit that won't cost you an extra cent.

This program has improved the lives of thousands of people around the country, and it can do the same for you.

Healthy Living
AvMed Health Plans

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