

City Of Casper

Wellness and Disease Management Program

Wellness: The City of Casper has implemented a Wellness Program. The Wellness program includes an on-site blood draw and health risk assessment. Participation in the Wellness program and achieving your goals will allow you to maintain a lower contribution amount in future years.

Chronic Disease Management:

The City of Casper and CNIC Health Solutions will provide members with diabetes and heart disease enhanced benefits through a chronic disease management coaching program. The diagnosis of diabetes or heart disease must be made by a physician. Each member will have a disease management nurse assigned to work with them to help manage their chronic disease and to authorize enhanced benefits when the member participates in the program. The enhanced benefits that will be made available are:

Diabetes:

With approval of your disease management nurse, the following services for the treatment of diabetes will be covered at 100%:

- Physician appointments and associated lab work
- Annual eye examination
- Annual foot examination
- Glucometer and supplies

The following benefits will be covered at 100% up to a plan year maximum of \$500:

- Diabetic education program
- Nutritional counseling
- Smoking cessation therapy (counseling or medication – over the counter and/or prescribed)

Your copays for insulin and other glycemic medications to treat diabetes will be waived.

Heart Disease:

With approval of your Wellness Nurse, the following services for the treatment of heart disease will be covered at 100%:

- Physician appointments and associated lab work

The additional benefits covered at 100% up to a plan year maximum of \$500:

- Heart health education program
- Nutrition therapy
- Smoking cessation therapy (counseling or medication-over the counter and/or prescribed)

Your co-pays for medications to treat/prevent heart disease (includes cholesterol and blood pressure medications) will be waived.

Member must participate in disease management program and be compliant with treatment plan. Waiver of co-insurance/100% physician coverage must be authorized by you disease management nurse.