Pacific Health Coalition Disease Management Program: Helping you make changes for the better

The help you need to make the right decisions about your health

The Disease Management Program is a health improvement benefit available through Pacific Health Coalition participating member plans, if you have any of these chronic conditions:

- Musculoskeletal pain management (ASEA/AFSCME, Alaska laborers)
- Congestive heart failure
- Chronic obstructive pulmonary disease
- Coronary artery disease
- Diabetes
- Asthma

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 Disease Management 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.

Here's what you can expect:

A team of compassionate health care professionals are on call for you 24 hours a day, all year round through a toll-free phone number. 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 the best for you
- Help you follow your doctor's plan of care
- Live healthier and feel your best, every day

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 health care 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.

To learn more visit or call us.

Alaska Laborers: Construction Industry Health and Security Fund
- 855-738-1771
- https://aklaborers.optum.com

ASEA/AFSCME Local 52 Health Benefits Trust
- 855-738-1768
- https://asea.optum.com

Fairbanks North Star Borough:
- School District
- 855-738-1766
- https://fnsbsd.optum.com

Public Employees Local 71 Trust Fund
- 855-738-1764
- https://pe71.optum.com

ASEA/AFSCME Local 52 Health Benefits Trust
- 855-738-1768
- https://asea.optum.com

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