



Targeted Disease Management

With BRMS and American Health Holdings

BRMS has partnered with American Health Holdings to provide a robust disease management program that targets nine prevalent conditions for which evidence-based guidelines are established to impact health and measure improvements. Members with chronic conditions are identified through an advanced predictive modeling system and work one-on-one with a dedicated nurse health coach.

Disease Management nurse health coaches are registered nurses who have been trained in motivational interviewing techniques. Nurse health coaches identify participants' confidence and ability to self-manage their condition using the Patient Activation Measure assessment, developed by Insignia Health. They then help participants set individual goals using Insignia's Coaching for Activation behavioral change model.

Population Health—Managing Member Risk

Plan members will receive a welcome letter once the program is available. Additionally, members identified through claims data and predictive modeling systems that may benefit from the program will be sent an invitation letter. If the member agrees to participate, AHH engages through assessments, education, 1:1 coaching and more.

Managing 9 Prevalent Conditions

- Asthma
- Chronic Kidney Disease
- Chronic Pain (osteoarthritis, rheumatoid arthritis or low back pain)
- Coronary artery disease (CAD)
- Congestive heart failure (CHF)
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Hyperlipidemia
- Hypertension

Program Highlights

Advanced predictive modeling identifies individuals with chronic conditions

A coordinated effort between BRMS Care Management and American Health Holdings nurse health coaches to ensure members have a seamless transition into the program

Nurse health coaches use motivational interviewing techniques to empower individuals to self-manage their conditions

Transitional Disease Management is available for groups who do not have access to historical claims data.

\$5,364 annual average medical cost savings per managed member