

Health Management When You Need It



BlueShield
of Northeastern New York



If you suffer from a chronic illness, you know how important it is to keep your health in balance. We work with your doctor to manage your illness and avoid complications. Our registered nurses also provide you with one-on-one health coaching.

Heart disease

If you have heart disease or congestive heart failure, we offer education and support. We show you how to work with your doctor to develop an action plan for the best control possible, which can include medication, making sensible food choices, exercising regularly, and maintaining a healthy weight.

Asthma

Take charge of your asthma with the support and guidance of your health care team. You'll receive educational materials, an asthma action plan, access to free programs, and an asthma resource guide.

Chronic obstructive pulmonary disease (COPD)

We educate you about COPD and help you avoid life-changing complications. In addition to one-on-one health coaching, our registered nurses provide care management and counseling. We work with you and your doctor to help you control your symptoms and improve your quality of life.

Diabetes

Our diabetes management program provides you with information and tips on how to work with your doctor to manage your condition and prevent or delay long-term complications. There's no charge to attend group seminars and workshops. Your plan also covers diabetic drugs such as insulin, glucagon, and prescription oral drugs used to control blood sugar. Diabetic equipment and supplies, including blood glucose monitors, test strips, insulin pumps, and syringes are also covered.

Sleep disorders

We educate you about the sleep disorder and the importance of following a treatment plan to improve your health status. We provide one-on-one health coaching with a respiratory therapist to promote effective self-management skills and a working relationship with the durable medical equipment supplier, specialists, and your primary care physician.

Depression

Depression can be controlled with medication and/or counseling. Our depression management program helps you better understand your situation and how to best control its symptoms.

Attention deficit hyperactivity disorder (ADHD)

ADHD is a condition that affects children between the ages of 6 and 12. It can be controlled with medication, counseling, or a combination of the two. We assist doctors in managing your child's condition, and work with you to provide direction and self-help tools for your child.

Preventive health

It's easy to forget about getting preventive screenings such as colonoscopies, cholesterol or prostate tests, and immunizations. We can help by sending you preventive health reminders.

Back care

Our back care management program addresses people who suffer from back pain. This evidence-based program focuses on effectively managing pain with appropriate medications, imaging, and lifestyle modifications. Low back pain sufferers are treated in an optimal patient care setting using best in class treatment options.

For more information or to enroll in any of these programs, call us at 1-877-878-8785 and press 2. Or, visit bsneny.com, click *Health & Wellness > Wellness and Prevention*, and then select your area of interest from the *Choose Resource* drop-down menu. You can also click *Contact Us* and send us an email. Your inquiry is kept confidential.



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