

At Your Service:
Our Health Care
Management
programs are here
to help you



If you live with a chronic condition like asthma, diabetes, or coronary artery disease, then you know that if you take care of yourself and closely monitor your condition, you can continue to do the things that you enjoy. You also know that if you don't, you're putting yourself at risk for developing a more serious condition. We at LBUSD, TALB, and CSEA want you to feel supported in your efforts and know that together, we are offering resources to make your health and wellness a priority — every day.

Whether you're already managing your condition on your own or haven't gotten around to following doctor's orders, your medical plan has resources you can use to make your life easier. Please continue reading for more information.



In good health,
LBUSD, TALB, and CSEA

Your Medical Plan Health Care Management Programs

Both Blue Shield of California and Kaiser Permanente have programs for the following chronic conditions:

- Diabetes
- Coronary artery disease (CAD)
- Heart failure
- Asthma
- Chronic obstructive pulmonary disease (COPD)

Health Care Management Programs can help you reach your goals, monitor your symptoms, understand your medications, prepare for your doctor appointments, and keep your doctor updated on your condition.

How to Enroll

Blue Shield of California



(866) 954-4567



blueshieldca.com/hw
(find links for each program under
Condition Management)

Kaiser Permanente



Schedule your preventive care visit (see below) and talk with your doctor about the right Health Care Management program for you.



kp.org

Schedule Your Preventive Care Visit

Don't forget, whether or not you are managing a chronic condition, regular preventive care can help identify health problems even when you're symptom-free, and may help keep other health issues from becoming acute.

