



TRIPLER ARMY MEDICAL CENTER

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TRICARE help available for chronic asthma, heart patients

By CiCi Cea
TriWest Healthcare Alliance

Living with chronic illness can be frustrating and challenging, but individuals who effectively manage their disease and adopt a healthy lifestyle can lower their risk of developing complications.

This is where TriWest Healthcare Alliance's disease management program can help. The program focuses on educating participants on how to improve their health management skills while living with chronic asthma and congestive heart failure. This program is free to eligible TRICARE beneficiaries and their family members.

Once a patient is enrolled in the Disease Management program:

- A Disease Management Clinician (DMC) will schedule an appointment to call and review the patient's health status.
- Based on the patient's status and personal health goals, the DMC will develop a customized educational plan and will work with the patient to reach established goals.
- The DMC will send a letter to the patient's physician so they are aware that he/she is participating in the program.
- The DMC will continue to help the patient as long as he/she wants to participate and work toward achieving his/her wellness goals.

“TriWest believes that knowledge is a powerful tool,” said Kathleen Sobera, Director of Population Health Improvement at TriWest Healthcare Alliance. “Our specially trained clinicians are available to provide patients with information they need to stay healthy and avoid the complications associated with asthma and congestive heart failure.”

TRICARE beneficiaries interested in enrolling in the Disease Management program should call TriWest toll-free at 1-888-259-9378 to see if they are eligible to participate. More information is posted online at www.triwest.com under the Healthy Living section.

