

CVUSD DISEASE MANAGEMENT PROGRAMS

Learn how our programs can benefit you!

A disease management program strives to help employees or family members with chronic diseases better manage their condition. This can include complying with medication regimens, seeing your doctor regularly, seeking additional or alternative treatments, or implementing lifestyle changes that can help improve your daily life, prevent future health issues or reduce your symptoms. Your health information is completely confidential and CVUSD does not have access to it. Our carriers have access to this data, but are not allowed to share it with us or with anyone besides you. If you have been identified as someone who may have a chronic disease, a representative from your chosen medical carrier will call you to get you started with the program.

What You Should Know

We know that people often don't answer telephone calls from numbers they do not recognize. However, if the disease management personal cannot reach you, they will leave you a message and also attempt to call back later. If you receive this message, it is important that you call back. Also note, the person calling is not allowed to give any health information over voicemail or to anyone other than you, so the message may sound like the call is spam. Know that if the message lacks details, it is only for privacy reasons. Even if you decide you do not wish to participate in the program, you should answer or return the call to let the representative know – you will then be opted out of future calls. Also, occasionally someone may be mistakenly targeted. We apologize for the inconvenience if this does happen; please simply call back and inform the representative of the mistake. You may also receive specific private mailings to your home.

Disease Management Programs offered by Anthem Blue Cross

ComplexCare – Members enrolled in this program may have significant orthopedic, cardiology, neurological or oncology-related medical issues.

ConditionCare – Program is designed to assist members that have asthma, chronic obstructive pulmonary disease (COPD), diabetes, heart failure, coronary artery disease (CAD).

Future Moms Program – A voluntary program that provides access to tools and resources for expecting mothers.

24/7 Nurseline – offers access to qualified registered nurses anytime – 24 hours, 7 days a week.



Disease Management Programs offered by Kaiser

Asthma - teach employees and their families how to control the condition and reduce the restrictions it puts on their lives.

Cardiovascular Disease (CVD) – help reduce the risks for employees so they are less likely to develop CVD.

Chronic Pain – provide understanding of the causes and the many varied steps employees can take to get relief.

Depression – help employees preserve their quality of life and avoid interference with work or treatment for other medical difficulties.

Diabetes – help members manage the condition and achieve good health.

Weight Management – provides resources to members to that want to achieve and maintain a healthy weight.



Disease management can help you live a healthier life and remove some of the burden associated with managing your chronic condition. If you have more questions about our disease management program, contact Kaiser Permanente at 858-752-4737 or Anthem Blue Cross at 800-759-3030.