



TUFTS HEALTH PLAN

Supports All Stages of Your Health

Tufts Health Plan supports members through all stages of health. With a wide selection of wellness and disease management programs for chronic and serious illnesses, we help members stay healthy and we support them when they need it most.

Tufts Health Plan will provide enhanced resources for all members: those with general concerns, those at risk of developing health problems, those experiencing medical conditions, and the chronically ill.

Wellness programs

Our wellness programs—offered at a discount at many network facilities—cover a variety of health topics, such as smoking cessation and stress reduction, to help you learn to prevent illness and stay healthy.

Tufts Health Plan also offers:

- A \$150 fitness rebate on your annual gym member fees
- Valuable member discounts that offer savings on a broad selection of healthy products, services, and treatments
- Online health tools and information from trusted sources to help you make informed health care decisions

Disease and care management programs

We also help members manage chronic and serious health conditions through a program we call Tufts Total Health Care™.

Eligible members who enroll in Tufts Total Health Care:

- Receive educational materials
- Have access to Internet tools
- Work with a registered nurse who provides individual support

The goal of this voluntary program is to educate and empower members to be active participants in their own care—and to strengthen their working relationship with their physician.

The program works within members' schedules and personal health needs, and is available to eligible members at no cost.

continued on reverse

**705 Mount Auburn Street
Watertown, MA 02472**

**For more information visit
www.tuftshealthplan.com
Member Services 1-800-462-0224**

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TUFTS  Health Plan
No one does more to keep you healthy.



Tufts Health Plan also offers these additional programs for the following conditions:

- Acid-related stomach disorders
 - Atrial fibrillation
 - Decubitus ulcers
 - Fibromyalgia
 - Hepatitis C
 - Inflammatory bowel disease
 - Irritable bowel syndrome
 - Lower back pain
 - Osteoarthritis
 - Osteoporosis
 - Urinary incontinence
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To learn more about the Tufts Total Health Care programs listed below, visit us online at www.tuftshealthplan.com/members or speak with your company's benefits administrator.

Diabetes

Members learn to take an active role in their health by managing diabetes, so they can feel better, stay healthy, and limit future health problems. Participants may work on monitoring blood sugar levels, managing complications, learning to care for their feet, eating healthy, and more.

Coronary artery disease & heart failure

Participants learn about their condition and how it affects their body, so they can better understand treatments, how they work, and why healthy lifestyle changes can improve health. Members work on learning to care for themselves after a heart attack, managing medications, controlling blood pressure and cholesterol, adopting a healthy lifestyle, and managing heart failure (if applicable).

Chronic obstructive pulmonary disease (COPD)

Participants learn about the importance of understanding COPD's signs and symptoms and working with their doctor. There's a focus on managing medications, learning important coughing and breathing techniques, implementing an exercise program, and more.

Asthma

Members learn to work with their doctor to manage their asthma, understand symptoms and what they mean, and identify asthma triggers. The program also emphasizes medication management, the importance of measuring peak flow, developing an asthma management plan, and more.

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