

Welcome to  
Better Health

A Weekly Update  
for Asante Employees

Every patient,  
every day, every time.

# ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

## A Healthier 2015 with the Asante Health Plan and Regence

If you are enrolled in an Asante Health Plan, administered by Regence BlueCross Blue Shield of Oregon, there are several programs available to you and your dependents that offer one-on-one support with trained clinicians, nurses, health coaches, social workers and more.



You're never alone. No matter what kind of help you need – from quick medical advice to intense condition management – there are people and programs for you. These programs are available at no cost to you and are offered in addition to your Asante Health Plan, to help you get information and support when you need it. Asante also offers financial incentives when you and/or your covered spouse complete some of these programs – marked with a (\$\$) below. Not sure which program is right for you? Contact Asante Customer Service at 888-344-8235 for assistance.

### **(\$\$)Regence Wellness Coaching: 800-856-8543**

Regence Health Coaches are a dynamic team of six health experts located in the Pacific Northwest who offer personal guidance and confidential coaching. The Health Coach program has five tracks available: Weight Management and Nutrition, Exercise, Stress Management, Sleep Support and Tobacco Cessation. To complete a track, you and your Coach will work through a workbook with health education content, goal setting parameters and more. To earn the financial incentive, you will need to work with a Health Coach to either complete one of the five tracks or accomplish a goal while working with a Health Coach through a track. (*\$\$ = up to \$100 for employees and spouses on AHP 2 and 3; up to \$25 for employee and spouses on AHP 1.*)

### **(\$\$) Special Beginnings®: 888-JOY-BABY or 888-569-2229**

When you're expecting, your main goal is to have a healthy, full-term baby. This program gives you prenatal education and support to increase your chances of doing just that. The program also offers a 24/7 nurse advice line. (*\$\$ = \$150 for employees and spouses who enroll in the first trimester and \$75 for those who enroll in the second trimester. Amounts are the same regardless of which health plan you are enrolled in.*)

### **Regence Case Management: 866-543-5765**

If you ever face a serious or sudden medical issue, case managers – experienced registered nurses and social workers – are available to answer questions and help you feel good about your decisions. They work with you and your doctor to support a treatment plan based on your needs, support system and benefits. Case managers also work with disease managers and behavioral health clinicians to help with chemical dependency, depression and other chronic conditions.

### **Regence Condition Manager: 800-267-6729**

If you have diabetes, asthma, chronic obstructive pulmonary disease (COPD), heart failure or coronary artery disease (CAD), this program can help you. Health-care professionals help you understand and stay with a treatment strategy. Experienced nurses are available 24/7 to answer questions. Also, visit [Regence.com](http://Regence.com) to better understand and manage your health. By signing up, you'll receive helpful information such as newsletters and care reminders.

**Regence Advice24: 800-267-6729**

Sick or hurt and just want to talk with someone to see what you should do? Call our 24/7 nurse line. Registered nurses will help you decide when to visit the emergency room, see your doctor or treat your condition at home.

*\* (When you are enrolled in Asante Health Plan 1 (AHP 1) or Asante Health Plan 3 (AHP 3), the dollars earned will be deposited into your HealthEquity Health Reimbursement Arrangement (HRA) and when you are enrolled in Asante Health Plan 2 (AHP 2), the dollars earned will be deposited into your HealthEquity Health Savings Account (HSA). For more details on the programs offered by Asante and Regence that can help you earn financial incentives, log into your Regence.com account and click on "Wellness tools" on your member dashboard.)*

Asante News is published every Monday. Deadline for submission of articles is every Thursday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).  
**Question or suggestions:** Call Communications and Marketing at (541) 789-3510 or extension 13510.