

Great Expectations[®]

FOR HEALTH

Expanding the Spectrum of Chronic Disease Management

Childhood Obesity

Our **Healthy and Active Kids** program targets overweight or obese children, ages 2-17 years old:

- Members are identified through claims or physician referral
- Program includes tips and encouragement for healthy lifestyle behaviors for the whole family
- Enrolled children receive a free visit with a registered dietitian
- Physician toolkit available to all physicians and on the Web

Our **WalkingWorksSM for South Carolina Schools** program engages schools in a partnership to promote daily walking.

- Participating schools are given guidance, tools and incentives for classes that walk at least five minutes per day and track their steps.
- There will be 32 schools statewide partnering with BlueChoice HealthPlan in Fall 2010.

Diabetes

- In 2009, over 14,000 members were enrolled, over 7,000 outbound calls were made to members, and 71,000 reminders and educational materials were sent.
- Members may receive free glucose monitors, diabetes education, eye exams, foot exams and annual check-ups.
- Focus is on reminders for needed screenings, adherence to ADA recommendations and following the physician's plan of care.

Pre-Diabetes

- New program started in January 2010. August 2010 enrollment is 949 members.
- Program automatically enrolls members with diabetes risk factors: metabolic syndrome, Polycystic ovary disease, gestational diabetes, glucose intolerance or a formal diagnosis of pre-diabetes.
- Members receive free educational material, a pedometer, and access to a free glucose monitor and diabetes education, if prescribed.
- High risk members receive counseling phone calls from a diabetes health specialist.

