

Florida Health Care Plans Health & Disease Management Programs

Below is a summary of programs available to FHCP members:

Diabetes

- FHCP provides a comprehensive Diabetes Education Program approved by the American Diabetes Association. Ten (10) hours of classroom instruction is provided by Certified Diabetes Educators (Registered Nurses and Registered Dietitians). The goal of this program is to provide the tools, skills and techniques necessary to follow treatment plans safely and accurately. Classes are offered in various facilities at **no additional charge** to our members. We encourage you to take these classes every two years as a refresher. Call 386-676-7133 to request information.
- Educational information available via email or mail four times a year. It includes useful information to you or a family member with diabetes. To be placed on our mailing list, call 676-7150. This service is available at **no additional charge** to all members.

Heart Disease (Hypercholesterolemia)

- This program is for those with heart disease or high cholesterol. It is a bi-monthly program, available via email or mail, designed to increase knowledge of lipid-lowering medication, diet interventions, exercise and reducing risk factors. It is offered at **no additional charge** to all members. Call 676-7150 to enroll.

Chronic Obstructive Pulmonary Disease (COPD)

- This program is for those with COPD, Emphysema or Chronic Bronchitis. Educational materials are made available four times per year, via mail; the program is designed to increase knowledge of COPD disease process, risk factors, and interventions. It is offered at **no additional charge** to all members. Call 676-7150 to enroll.

Asthma

- Tool kits containing educational handouts are available in all FHCP clinics. These handouts are designed to help you manage your asthma and to follow your doctor's treatment plan. These handouts are available at **no additional charge**. If your doctor's office cannot provide you with these, call 676-7150. For questions concerning your medications, stop by any FHCP pharmacy to discuss with a pharmacist.

Controlling High Blood Pressure

- This program is designed to increase awareness of the risk of blood pressures that are not at the best possible levels. It includes information for: taking your BP, medications, diet interventions, exercise and reducing risk factors. To receive this tool kit via email or mail, call 676-7150. This service is available at **no additional charge** to all members.

Acute Low Back and Neck Pain

- This is a physical therapy program for low back or neck pain that is either acute (sudden) or chronic (due to an old problem). It is open to all members age 17 and above; utilizing all Ability Health Services locations and Palm Coast Sports Medicine. Members can call direct to these facilities for more information or to see if they qualify. Co-pay and policy limits apply. Call Member Services at 386/615-4022 to determine cost and locations.

Smoking Cessation

- *QuitSmart* is a stop smoking program offered by FHCP at many of our facilities. It features three sessions, each two hours. The cost is \$130 (FHCP will pay a one time fee of \$110; member to pay \$20 supply fee). To register, call 386/676-7110.

Weight Management

- *Lighter Lifestyles* is a weight loss program offered to all FHCP members age 18 and above who has been a member at least 6 months. You must have a body mass index (BMI) of 30 or above to participate. FHCP will pay half of the program cost (excluding supplements and medications). Call 386/254-4031 for more information.

Preferred Fitness

- This is a fitness program provided at **no additional charge to all FHCP Medicare members**. There is access to a variety of quality Health and Fitness facilities in Volusia and Flagler counties. For a current list of exercise/fitness facilities, visit our website @ www.FHCP.com or call Member Services at 386/615-4022 for more information.

Osteoporosis

- This is a wellness program for members at risk for or diagnosed with Osteoporosis or Osteopenia. Our rehab provider, Ability Health Services, will perform an evaluation and physical assessment to determine strength, endurance and activity level. Member can call direct - no referral is needed. Co-pay or co-insurance and policy limits apply. Call Member Services at 386/615-4022 to determine cost and available locations.

Nutrition Programs

- Classes are offered by a registered dietitian in the Diabetes/Health Education Department:
 - **Pre-diabetes Course** – consists of two, two hour sessions. Designed to help identify risk factors for developing Diabetes, how to reduce calorie intake to achieve weight loss, how to start a moderate activity exercise program, how to identify multiple behavioral change strategies and provide resources for keeping weight off and healthy eating. Pre-registration is required.
 - **Healthy Heart Eating Course** – consists of one 2 ½ hour class. Designed to help identify risk factors for heart disease and lifestyle choices that reduce this risk. Pre-registration is required.
 - **Nutrition Game Plan for Diabetes** – a two (2) hour session designed for members who completed the ten hour Diabetes Self-Management Education program to reinforce nutrition education and answer question/concerns regarding diabetes. Pre-registration is required.
- Classes and appointments are offered in various facilities and at **no additional charge** to FHCP members. Call 386-676-7133 to request information.

Depression Program

- This is an educational program for members age 18 and above who have recently been prescribed antidepressant medications. Periodic information is sent on the use and importance of these medications. For those with a new depression diagnosis who potentially are not taking their medication, they may receive a phone call follow-up from a FHCP Mental Health physician or therapist. This follow-up phone call is FREE. To request to be added to the mailing list of educational information, call 386-676-7150.

A Matter of Balance

- This 8 week program is intended for members of any age; designed to help you manage falls and increase activity levels and balance. It is currently being offered at various FHCP facility locations. FHCP will cover the cost of this program for members in the FHCP Preferred Fitness Program. A nominal fee will be charged for individuals who are not members of our Preferred Fitness Program. Call 386 / 760-6063 for more information.

For questions regarding any of the above programs, please call (386) 615-4022 or 1-877-615-4022, Monday through Friday between the hours of 8 a.m. to 5 p.m. The hearing impaired may call TRS Relay 711.