

MMO TOTAL HEALTH PROGRAMS

ADVANCED REMOTE MONITORING

If you have chronic conditions, such as asthma, diabetes or health failure, this program can be beneficial. It provides you with specialized equipment (such as a digital scale, pulse oximeter or blood pressure cuff) and offers you daily digital check-ins and as-needed coaching from a nurse to help you avoid further complications.

***Programs include Lark: Enroll.lark.com/MedMutual**

DIGITAL/VIRTUAL HEALTH COACHING

The goal of this program is to help you better understand your condition, prevent disease progression, and give us quick updates on your progress. Digital/virtual health coaching may include short-term health coaching delivered over a few weeks to address a specific health concern or more frequent health coaching that provides personalized interactions over several months.

***Programs include Lark: Enroll.lark.com/MedMutual**

CARE NAVIGATION

If you have a serious injury or illness, we work with your providers and other healthcare professionals to create a care plan that meets your unique needs. This program can help you better understand health information, learn to make better choices each day and become more involved in your care so you can improve your quality of life.

PALLIATIVE CARE

Our palliative care program is offered in partnership with Carelon to provide an extra layer of support and relief when you are receiving treatment so you can carry on with daily life. It offers access to doctors, nurse practitioners, nurses, social workers, and chaplains who visit your home to help guide your physical, psychological, and spiritual care throughout an illness

MEDMUTUAL MATERNITY

If a new baby is on the way, the MedMutual Maternity app can help you manage your health journey with articles, tips and to-do lists that will keep you on track. Plus, you can easily connect with Medical Mutual resources with just one click. You can find the app by searching MedMutual Maternity in the Apple App Store and Google Play.

Programs include: Progeny Health

TELEPHONIC HEALTH COACHING

Designed to help you manage a chronic condition and work toward achieving personal health goals, you will work with a nurse over a 90-day period to make health improvements. This program offers access to a team of professionals, including certified health educators, dieticians, pharmacists, and social workers.

VIRTUAL PHYSICAL THERAPY

The goal of this program is to help you better understand your condition, prevent disease progression, and give us quick updates on your progress. Digital/virtual health coaching may include short-term health coaching delivering over a few weeks to address a specific health concern or more frequent health coaching that provides personalized interactions over several months.

***Programs include:**
Bloom (join.hibloom.com/MedMutual)
Sword (join.swordhealth.com/medmutual/register

TRANSITIONAL CARE

Offered in partnership with Direction Home and your local Area Agency on Aging, this program offers health coaching and support with follow-up care after a hospital stay. A transitional care nurse will visit or call you during your hospital stay to introduce you to the program, assess your after-the-hospital care needs, help you prepare for your hospital release and make visits to your home for up to 30 days to check on your progress.

24-HOUR NURSE LINE

You can call 1-888-912-0636 24 hours a day, seven days a week, to speak with a highly trained and experienced nurse about any health concerns. Nurses can help you assess symptoms, talk you through self-care for minor conditions and help you determine if you should seek care right away.

For more information or to Enroll call 1-800-590-2583. Visit LCBDD's Benefit Website to find out more information about each MMO Total Health Program available to you at no additional cost!
lcbddbenefits.com/mmo-resources