Tri-State Teamsters
Take Charge Programs

Tri-State Teamsters is pleased to offer our members the Take Charge Program services from Vālenz® Health (formerly Med-Care Management). These programs are designed to provide education, information, and specialized care to the program's participants. By participating in one of the programs, members learn self management tools that may prevent flare ups or the long term complications associated with these conditions and receive potential cost savings.

Diabetes Management Program*

- Support and education toward reaching your goals for a healthier lifestyle
- Co – pay waivers for all diabetic medication/supplies for **active participants only**
- Prevents and/or minimizes complications from common comorbidities when you adhere to the program

Weight Loss Management Program*

- Prerequisite program for bariatric surgery
- 1-on-1 sessions with a disease management nurse from Valenz

*Additional Nutritional Counseling benefits if enrolled:

  o Active participants – up to $500 per calendar year
  o Retired participants – up to $300 per calendar year

Healthy Heart Program

- Preventative program to help lower heart attack risk by controlling high blood pressure and coronary artery disease
- Individualized care with a disease management nurse

Enrollment is simple and can be completed by calling 1-866-844-4222. After you are enrolled, the nurse will send you a packet of healthcare materials based on your specific needs. The program nurses are your personal contacts when you have questions or concerns. You will speak with the nurses on a regular basis to keep them updated on how you're doing, and they will keep track of your important health information.

Important things to know:

- Participation in these programs is voluntary and information is kept confidential
- Once enrolled a nurse will work with you to help you manage your condition
- Enrollment is quick and easy
- Visits are over the phone and can be done from the comfort of your home
- There is no additional cost to you

Call today to enroll!

1-866-844-4222

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Disease Management
Expires 01/01/2025