



Optimize Your Health

If you or a covered family member have a chronic condition, **Health Tradition's Condition Management Program** can help.

Available at no additional cost to you, this voluntary program can help you manage your symptoms related to pediatric and adult diabetes (types 1 and 2), heart failure (HF), coronary artery disease (CAD), and low back pain. Health Tradition's Condition Management Program gives you the tools and information you need to better manage your condition and achieve more optimal health.

Participants receive:

- 24-hour toll-free access to registered nurses who can answer your questions and provide support and education on how to better manage your condition
- A health evaluation and consultation, as needed, to assist in managing your condition
- Helpful educational materials on prevention, self-management and lifestyle factors that can help improve your health

Give us a call

Ready to take more control of your health?
With Health Tradition's Condition Management Program, you don't have to do it alone. To enroll or learn more, call **1-800-551-6923**.

Health Tradition
Health Plan
A Mayo Health System Choice in Wisconsin