

Living with a **CHRONIC DISEASE**

We can **HELP!**



A great new benefit for our retired staff (Policy 08237)

The University of Prince Edward Island is pleased to announce that we have added a **Managing Chronic Disease benefit** to our Medavie Blue Cross Staff benefits package.

The Managing Chronic Disease benefit is available to all employees and their eligible family members.

This benefit provides coverage for personalized support to better understand your chronic condition and manage it. Services are provided by a specialized network of health professionals, and are available without a doctor's referral. It's health care on your terms to help you live better.

Our coverage offers help to members living with:

- Asthma or COPD
- Diabetes
- High cholesterol or high blood pressure
- Looking to quit smoking

Through one-on-one consultations, you will get support and resources so you can take the steps to better health, including:

1. Understanding your condition
2. Managing your symptoms
3. Developing a personalized treatment plan
4. Taking your medication correctly

Most importantly, you'll receive support to improve your health.

Our new Managing Chronic Disease benefit reflects our continued commitment to the well-being of our employees and your families.

To find health providers nearest you and the most up-to-date program information, resources, and tools, visit medavie.bluecross.ca/livebetter

▶ Take control, **START YOUR JOURNEY** to better health today

visit medavie.bluecross.ca/livebetter

