



# Preventive Health & Disease Management Programs



## Preventive Health:

### MOM Matters<sup>®</sup> Program

Gateway MOM Matters<sup>®</sup> Perinatal Program is designed to help each woman have a healthy baby. Specific goals of the program include:

- Reduce prematurity (less than 37 weeks gestation)
- Reduce low birth weight deliveries (less than 2500 grams)
- Reduce timeliness and frequency of prenatal care visits
- Reduce NICU average length of stay
- Increase rate of postpartum visits

All pregnant Gateway members can participate in the MOM Matters<sup>®</sup> Program and have access to Maternity Case Managers Monday through Friday, 8:30 AM to 4:30 PM at 1-800-642-3550 Option 2 for Medicaid and 1-800-685-5212 Option 2 for *Medicare Assured<sup>®</sup> HMO SNP*. After hours and on holidays the Member Services Department is available at 1-800-392-1147.

## Disease Management Programs:

### "AIR" Gateway<sup>®</sup> (Asthma Intervention gets Results)

This is a comprehensive Program for asthma management that emphasizes patient education, self-management, and practitioner education.

The program is intended to help the entire population of members diagnosed with asthma to keep the condition under control. Members with asthma are identified through the enrollment process and through pharmacy and medical claims.

All members, 2-56 years of age and diagnosed with asthma are eligible for the program and receive interventions based on level of utilization of healthcare services. Members with Medicare and a diagnosis of COPD are excluded from the program. **Practitioners and members can also call 1-800-642-3550, option 3, for referrals into the "AIR" Gateway<sup>®</sup> Program.**

### **Diabetes Program**

Gateway's Healthy Returns Diabetes Disease Management Program provides education and support to improve the diabetic members' quality of care, quality of life, and to reduce resource utilization. The program is provided at no cost to Gateway members by Health Management Corporation (HMC) of Richmond, Virginia, 24 hours a day, seven days a week.

HMC interventions are provided telephonically, by nurses, and are based on the American Diabetes Association (ADA) Clinical Practice Recommendations (2000) and the American Association of Clinical Endocrinologists (AACE) Guidelines for the Management of Diabetes Mellitus (1995). **To initiate a referral to HMC, call 1-866-366-9415.**

### **Help Your Heart Cardiac Program**

The Gateway Help Your Heart Cardiac Program is intended to help members with congestive heart failure (CHF), myocardial infarction (MI) and coronary artery disease (CAD) understand and control their disease. The intent is to decrease the emergency room visits, decrease or eliminate the need for hospital admissions and support practitioners in managing this population. Controlling these diseases will subsequently decrease associated co-morbidities.

**A practitioner can initiate a referral into the Help Your Heart Cardiac Program by calling 1-800-642-3550, option 3.**

**For more details on Gateway's Preventative Health, Disease and Case Management Programs; please refer to your Medicaid or Medicare Policies and Procedure Manuals, or visit our website: [www.gatewayhealthplan.com](http://www.gatewayhealthplan.com).**