

Disease Management (DM) Programs

Ambetter from Superior HealthPlan
and Vida Health



Disease management is defined as a system of coordinated health-care interventions and communications for populations with conditions in which patient self-care efforts are significant.¹ Ambetter from Superior HealthPlan has partnered with Vida Health to provide disease management for chronic medical and behavioral health conditions to help members improve their health and well-being.

Who is Vida Health?

Vida Health is a disease management vendor that supports the Ambetter population, offering health coaches, nutritionists, diabetes educators, nurses, trainers and licensed therapists to provide guidance and supportive accountability to members. Communication between members and Vida is facilitated through telephonic, secure text and video channels, leveraging a proprietary mobile application that provides personalized, evidence-based pathways to support those with chronic and co-occurring conditions and health risks.

Who is eligible to sign-up for Vida Health?

Ambetter members (18 years of age and older) who are diagnosed with one of the following chronic conditions are eligible for disease management through Vida Health:

- Arrhythmia.
- Asthma.
- Congestive Heart Failure (CHF).
- Chronic Obstruction Pulmonary Disease (COPD).
- Depression.
- Diabetes.

How will members learn about Vida Health?

Vida Health will conduct outreach to eligible members through email, print mail (letters and flyers) and telephone calls. Information on how to sign up for the service will be included in the marketing materials. Additionally, the Superior Care Management team may refer members directly to Vida as deemed appropriate.

What should members expect once they are registered for Vida's services?

Eligible members will be prompted to download the Vida mobile application and enroll at no cost. During enrollment, the member will complete a brief screening to assess their conditions and will have the opportunity to select a health coach to get started. Members will have access to the Vida Health program for the duration of 12 months after registration, as long as they meet the eligibility requirements.

Disease Management Programs

Ambetter's or Vida's health coaches coordinate with both the member and their providers to focus on disease-specific conditions (as listed in the table below).

DM Programs	Vida Health	Ambetter from Superior HealthPlan
Arrhythmia	√	
Asthma	√	
Chronic Obstruction Pulmonary Disease (COPD)	√	
Congestive Heart Failure (CHF)	√	
Depression	√	√
Diabetes	√	
Perinatal Depression		√

Providers who have identified a member they believe would benefit from disease or case management should contact Superior's Care Management department at 1-855-757-6567, or submit a referral request using the [Secure Provider Portal](#).

¹DISEASE MANAGEMENT ASSOCIATION OF AMERICA. (n.d.). <https://diseasemanagementassociationofamericawpan.wordpress.com/>