



Alere Disease Management Program

Managing long-lasting, chronic conditions can be difficult, but it does not need to keep you from a full life. The Alere NALC Health Benefit Plan Disease Management program is available to give you personal support and information to help you make a positive difference in your life. It's personal, private and available at no additional cost to you.

The Alere program is a health improvement benefit available to you if you have any of these chronic conditions:

Asthma—A chronic lung disease that causes inflammation of the lining of the airways. Sufferers experience coughing, wheezing, chest tightness and shortness of breath. In a severe asthma attack, airways narrow so much that it becomes a medical emergency.

Diabetes—Type 1 is a so-called autoimmune disorder that develops when the body's immune system doesn't work well and destroys cells in the pancreas that make insulin. Insulin is a hormone that controls blood glucose or sugar. Type 1 usually strikes children and young adults, but it can occur at any age. Type 2 usually begins with insulin resistance. That means that the body makes insulin but cannot use it properly. As a result, the body's need for insulin increases, forcing the pancreas to go into overdrive to meet the demand, and the pancreas eventually loses its ability to make insulin.

Coronary artery disease—Also called CAD, this is one of the most common types of heart disease in the U.S. CAD occurs when the arteries that carry blood to your heart begin to narrow. This narrowing of the arteries is caused by plaques, which are a buildup of fat, cholesterol and other substances carried in your blood. These plaques narrow the arteries and reduce blood flow to your heart. Angina, heart attack, heart failure and arrhythmias, which are abnormal heart rates, can all be caused by CAD.

Heart failure—When the arteries are not as elastic because of buildup of cholesterol or plaque or because of scarring, the heart pumps harder to get blood into the arteries. Over time, this increased work can result in damage to the heart itself. The muscles and valves in the heart can become damaged, leading to heart failure.

Chronic obstructive pulmonary disease (COPD)—A category or group of lung diseases that can obstruct and complicate an individual's airways making it difficult for the patient to breathe.

Here's what you can expect:

- All NALC members have access to the new Health Portal, NALCAlereHealth.com. Log on to the portal with your NALC member ID as it appears on your NALC ID card. The NALC Health Portal is a trusted site for disease-specific information, including articles, video and news relevant to the subject. You will also find healthy living tips and family health information.
- You will receive an introductory letter from Alere inviting you to join the program.
- You will receive quarterly disease-specific educational mailings.
- You will receive a monthly letter called CareAlerts. CareAlerts are personalized suggestions that you and your health care provider may consider to improve your health. This information is only about you and is kept private and confidential.
- Registered nurses are on call for you 24 hours a day through the toll-free number, 866-956-NALC (6252).
- Members requiring additional assistance will receive telephonic outreach from registered nurses to help you learn to recognize your symptoms and lessen their effects, understand which treatments and medications are best for you and help you follow your doctor's plan of care.
- For those at highest risk, Alere will provide in-home monitors to help manage heart failure, COPD and diabetes.

Whether you choose to participate is completely up to you. Any information you share is strictly confidential and only shared with your physician or health care providers in determining the best treatment for you.

If you choose not to participate, simply advise the Alere nurse you prefer not to be contacted. You will continue to receive educational mailing, but no phone calls. If something changes with your health, you can always request to receive registered nurse calls.

This program has improved the lives of thousands of NALC members for more than a decade and can do the same for you.

You can enroll online or by phone. Just log on to NALCAlereHealth.com and click on "Enroll Now" or call 866-956-NALC (6252) to get started reaching your goal! ☒