Alameda Alliance for Health
Disease Management Program

Get help managing your health

Do you have Alameda Alliance for Health (Alliance) as your health plan? If so, we have some exciting news for you!

You may be able to get help managing your health with programs from the Alliance.

Living with a health concern can be hard. The Alliance is here to help by offering disease management programs for members. These programs help give you support to take care of your health.

What is disease management?

Disease management programs may help people with certain health concerns get the care and support they need.

This can include:

- **Talking to a nurse case manager** (a nurse who helps with your care)
- **Learning about your medicines** (how to take them and why)
- **Getting health education and coaching** (tips to stay healthy)
- **Help from a social worker** (support for personal and family needs)

Who can join?

If you have one (1) or more of these conditions, you may qualify:

Asthma   **Depression**   **Diabetes**   **Hypertension**
                                                                    (high blood pressure)

Extra help for high-risk members

If you are at a higher risk for health concerns, you may also get:

- **Help with housing and food**
- **Tailored health education** (information made just for you)
- **Asthma support** (help to make your home safe from asthma triggers)
- **More personalized care and in-home visits** (special nurses and social workers to help you)
  - This may include Complex Case Management (CCM)

Want to learn more?

If you think you may qualify, please call the Alliance Case and Disease Management (CMDM) Department at **1.510.747.4512**.