



AFFILIATED  
DOCTORS  
OF ORANGE COUNTY

## **Disease Management**

At Affiliated Doctors of Orange County (ADOC) we offer Disease Management programs for members with Heart Failure (HF) and Diabetes. Improved self-management can improve the daily quality of life for members with a specific disease or condition. This is a free service offered to our members.

The Disease Management Program focuses on monitoring and improving adherence to treatment plans by emphasizing patient education, and actively monitoring those members most at risk for signs and symptoms of decompensation.

Members are identified as having HF and Diabetes through claims data, high risk assessments, and referrals from utilization management, case management, a PCP or even a specialist. Participation in the Program by members is voluntary and there is no additional cost to members.

Enrolled members are offered information and receive educational materials about their disease and how to appropriately manage their symptoms more effectively. They are given a better awareness and understanding of their condition by addressing lifestyle changes, current medication information, and even provide support to help prevent complications, exacerbation or the development of other health problems not associated with their chronic condition.

For more information or to refer a member to the ADOC Disease Management Program, contact the Case Management department at (714) 539-3100