

TAKECONTROL EDUCATOR SESSIONS

- TakeControl educators will work with you to create a customized care plan based on your current health status and will provide ongoing education and training to help you control your condition(s).
- There is never a cost or limit for sessions.
- Depending on your location, sessions may occur in person, over the phone or virtually.
- Please have a current medication list available prior to your first session with a TakeControl educator.
- If you have diabetes, please have glucose meter and blood sugar logs available if you have them.
- You are encouraged to invite your spouse or other family members to participate in sessions.

ACTIVE MEMBERS

- As part of the Quad medical plan TakeControl program incentive, active members are eligible for discounts on condition-related supplies and medications.
- An educator will discuss the commitment pledge, as well as the TakeControl educator sessions, medical provider visits and lab work you are required to complete to maintain the TakeControl program incentives.
- It is your responsibility to schedule and complete all necessary sessions, medical provider visits and lab work.
- It is your responsibility to return the necessary documentation to the TakeControl team.
 - Your QuadMed medical provider visit information and lab results are automatically captured for your program records.
 - If you see a medical provider or condition specialist outside of QuadMed, the TakeControl Provider Assessment form is used to document office visits and lab results.
- The TakeControl team will regularly monitor your progress and will help you stay on track.
- While reasonable notice will be provided, if you do not complete the annual requirements by the anniversary date for all of your enrolled conditions, your program TakeControl incentives will be discontinued.

TAKECONTROL BENEFITS

- Free, unlimited access to a team of registered nurses and certified diabetes care and education specialists who specialize in managing asthma, COPD, diabetes and high blood pressure, as well as registered dietitian nutritionists and wellness coaches who can help you make healthy lifestyle changes.
- Valuable information and resources that can help you control your condition(s) and improve your health.
- The convenience of in-person, over-the-phone or virtual sessions.
- Discounts on condition-related medications and supplies for active members.

RELEASE OF MEDICAL RECORDS

- You may be asked to release condition-related medical records to QuadMed. These records allow educators to coordinate your care with your current medical provider.
- If you currently see a QuadMed provider for primary care, there is no need to release your medical records as your records are already in our system.

The TakeControl team is here as a resource for you. If you have any questions or concerns, email us at TakeControl@quadmedical.com or call us at 855.717.4688.