

## **Important New Health Plan Benefit**

The National Rural Letter Carriers' Association is pleased to announce that, beginning January 1, 2010 AccordantCare™, a division of CVS Caremark, will now provide education and support for Rural Carrier Benefit Plan (RCBP) members currently living with heart failure. Our current heart failure program with American Healthways will end on December 31, 2009.

AccordantCare already provides support for RCBP members and their dependents who have asthma, diabetes, coronary artery disease, and chronic obstructive pulmonary disease.

AccordantCare is a health management program that can help people living with certain chronic conditions take control of their health. AccordantCare nurses provide expert coaching and education to participants about their conditions and, most importantly, help them stay healthy!

**It is a voluntary and confidential program and offered at no additional cost to Plan members and their covered dependents.**

The AccordantCare Health Management Program is designed to provide personalized support and information to people currently living with the following condition(s):

- ***Heart failure (beginning January 1, 2010)***
- ***Asthma, adult***
- ***Asthma, child***
- ***Chronic obstructive pulmonary disease (COPD)***
- ***Coronary artery disease (CAD)***
- ***Diabetes***

If you or your dependent has been diagnosed with heart failure and are not currently participating in AccordantCare, you may receive an information packet from AccordantCare with an invitation to enroll. We encourage you to review the packet to learn how you can make the most of your health benefits today.

If you already participate in AccordantCare, your AccordantCare Nurse will speak with you on your next call about your heart failure.

If you would like more information about AccordantCare before receiving your information packet, please call AccordantCare toll-free at **1-800-227-3728**, Monday through Friday, 7 a.m. to 10 p.m. (CST). For telecommunications device (TDD) help, please dial toll-free 1-800-231-4403.