



Dear Plan Member,

As you know, Fletcher Allen Health Care is dedicated to improving the quality of healthcare for its employees. With this goal in mind, we are pleased to inform you that we have teamed up with *ActiveHealth Management*, a company focused on healthcare quality, to provide you with a **free, voluntary** program called *Informed Care Management*.

Informed Care Management provides you with **personalized information about your health** and offers you the opportunity to **work one-on-one with a Nurse Care Manager** serving as your “personal health coach.” These program features have been proven to help many people manage their specific health conditions and have helped patients prepare to work with their doctors to improve care.

We encourage you to call *ActiveHealth Management* at 1-866-216-1134 to learn more about the program and its benefits.

A nurse care manager is available to speak with you and answer your questions **Monday through Friday, from 8:30 AM to 9:00 PM (ET)**. You also have the option of having a nurse from *ActiveHealth* call you at your convenience – just return the enclosed reply card complete with your contact information.

ActiveHealth will keep your health information completely **confidential**, and will not share any information with your employer. In addition, Fletcher Allen sponsors the program as part of its comprehensive medical benefit program, so it comes at no extra cost to you.

We hope you take advantage of this exciting program and look forward to hearing from you soon.

Sincerely,

A handwritten signature in cursive script that reads 'Barbara H. Drapola'.

Barbara H. Drapola, RN, CCM, CPHQ
Director of Operations and Clinical Affairs
Vermont Managed Care