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Health & Life

the Eder Way

The future of healthcare is now

“Telemedicine will become the core methodology of healthcare delivery in the future,” according to Yulun Wang, President of the American Telemedicine Association.

Whether you receive your healthcare through Eder Medical Plan or another provider, the healthcare industry is ever evolving. At Eder, we see this happening more and more as our medical plan makes extensive use of telemedicine (sometimes called virtual medicine or telehealth) offering ways via phone, tablet, or computer to connect with healthcare providers, monitor your health, and receive guidance and consultation on staying healthy.

Take a moment to learn more by reading these short articles and then consider making use of this convenient and beneficial technology, regardless of your healthcare provider if you haven't already. The possibilities await you!

Jeremiah Thompson
Director
Health & Life Benefits



OnDuo: A tool for a better life

“It’s educational, it’s helpful and it keeps me honest,” said Michael Kilbourne about OnDuo, an online program to manage diabetes, which is part of the Eder Medical Plan. Michael is a retired police officer and avid runner who had a rare reaction to an antibiotic that resulted in heavy use of steroids as part of the treatment. This pushed him from being a pre-diabetic to an insulin-dependent diabetic. Michael downloaded the OnDuo app to his smartphone to aid in managing his diabetes treatment.

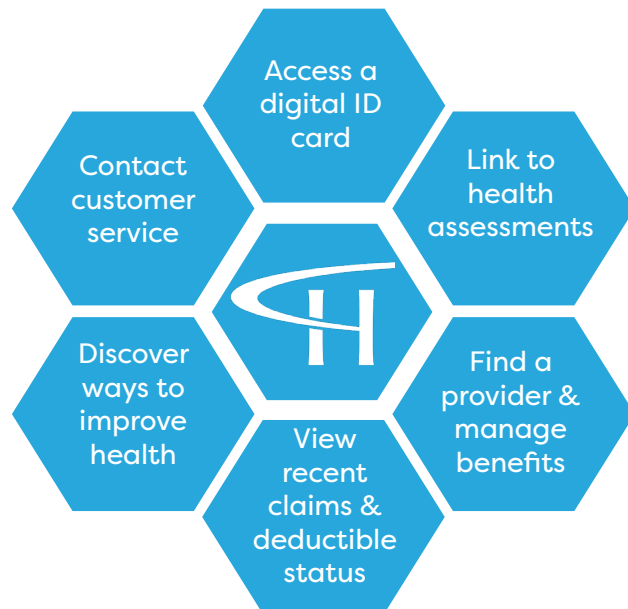
The app gives him virtual consultations with an endocrinologist, a case manager, and a medications adviser. He was given a glucose monitor with a sensor he fastens to his skin. The app enables blood sugar readings

every five minutes via Bluetooth, enabling Michael to know in real-time what effect food, exercise, and medication have on his blood sugar level. With this information he assesses which foods he should eat and how exercise affects his diabetes.

The cost of OnDuo is covered in the Eder Medical Plan. If you aren't a member of EMP, check your own plan to see if similar support is provided. The only associated cost Micheal incurs is for the monitor sensors, which need to be changed every 10 days. While he still takes a daily shot of long-lasting insulin, OnDuo has made it possible for Michael to stay connected to the help he needs. “It has given me the tools to live a better, longer life.”

My Highmark App: Everything in one place

The Eder Medical Plan now offers a single point of access to benefits. My Highmark, a new app from Highmark Blue Cross Blue Shield, connects members of the Eder Medical Plan with everything they need to manage their coverage and health. Here, members can:



My Highmark is the one-stop shop for everything including OnDuo and Sword. If you are a member of EMP, download the My Highmark app from your app store or visit myhighmark.com. For a tutorial of its features and instructions on how to access your account, [watch this video](#)



Talk to your organization's benefits contact or Debbie Butcher at 847-622-3391 or insurance@eder.org.