

---

## YOUR MEMBER HANDBOOK HAS BEEN CHANGED TO INCLUDE MORE SERVICES |

### CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP) FOR ARTHRITIS

If you've been diagnosed with arthritis and are interested in learning more about self-management related to this disease, MetroPlusHealth covers services that may help.

Starting **June 1, 2025**, MetroPlusHealth will cover the **Chronic Disease Self-Management Program (CDSMP)** for adults aged 18 years and older, which aims to increase confidence, physical and mental well-being, and knowledge to manage long term conditions.

This program may help prevent you from:

- going to the emergency room;
- being admitted into the hospital; *and/or*
- needing other medical care for your arthritis.

Each CDSMP series meets 2.5 hours once per week, for a total of six weeks.

#### **Eligibility**

You may be eligible for CDSMP for arthritis services if you have a recommendation by a physician, or other licensed practitioner, and are:

- At least 18 years old; *and*
- Diagnosed with arthritis.

Talk to your provider to see if you qualify to take part in the CDSMP for arthritis.

To learn more about these services, call Member Services at 800.303.9626 (TTY: 711).