

At Virginia Premier, we make healthy
living easy with our
Premier Living Programs!

Disease Management

If you were recently
diagnosed with a health
condition or if you need help
managing a condition, our
Disease Management team is
here to help.

Case Management

This program is designed
for members who have
multiple or complex
conditions, including
pregnancy.

Premier Wellness

This program will help all
members achieve a healthier
lifestyle. Whether you need
nutrition advice or access to
exercise programs, we have
you covered.

Contact us to enroll in our

Premier Living Programs

Monday– Friday
8:00am– 5:00pm

Richmond

Toll Free: (800) 727-7536
Main Office: (804) 819-5151
Fax: (804) 819-5186

Roanoke

Toll Free: (888) 338-4579
Main Office: (540) 344-8838
Fax: (540) 344-8007

Tidewater

Toll Free: (800) 828-7989
Main Office: (757) 461-0064
Fax: (757) 459-2230

Harrisonburg

Toll Free: (800) 595-1630
Main Office: (540) 432-8770
Fax: (540) 432-8783

Abingdon

Toll Free: (866) 285-8963
Main Office: (276) 619-0963
Fax: (276) 619-0967

Richlands

Main Office: (276) 964-2793
Alternate Office: (276) 964-2794
Fax: (276) 964-2795

Wise

Main Office: (276) 328-2485
Alternate Office: (276) 328-2486
Fax: (276) 328-2487



Premier Living Programs

We Make Healthy Living Easy!



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Disease Management

Our Disease Managers (DM) want to help you better understand and manage your health condition. They will speak with you over the phone about any of these conditions:

- Asthma
- Childhood Weight & Nutrition
- COPD
- Diabetes
- Heart Disease
- Behavioral Health

The program includes a one-on-one phone consult, information, support, tools and educational resources.

Contact your
DM at
(866) 243-0937
ext. 5753



Case Management Team

Our Certified Case Managers (Registered Nurses) are here to help you manage your current medical conditions and ensure you are connected to the right services and providers.

Our team makes your healthcare treatment a priority. The Case Management team works to provide services to members with:

- Multiple complex needs
- Chronic conditions
- Multiple hospitalizations & emergency room visits
- Behavioral health and social or environmental barriers
- Maternal health & high-risk pregnancies



Our team can help all expectant mothers through the process of having a healthy pregnancy & baby! Members receive incentives for regularly visiting the doctor, attending free local classes and coming to our baby shower through the **Healthy Heartbeats Prenatal Care Program**.

Premier Wellness



Our Health Educators will work one-on-one with you to help you achieve wellness. We provide health coaching, information, tools and resources that are tailored to your individual needs.

Enroll in our programs to:

- Become a Women of Wellness
- Get moving in our exercise program
- Go smoke-free
- Learn nutritious ways to eat smart



(800) 727-7536 | vapremier.com