[Practice Office Header]

Dear [patient name],

Doctor [last name] and I are writing to you because you’re eligible to join a new program that will really help us improve how we care for you. It’s free to you through your BCBS plan, and participating just takes a minute or two per month.

Once you’re ready to sign up (or if you have any questions), please give us a call at [practice number] during [hours]and ask about the SonarMD program. Because we believe this program is so important, we’ll give you a call within the next couple weeks if we don’t hear from you.

Thank you and take care,

Doctor [last name] and [NCM name]

**HOW IT WORKS**

For people living with Crohn’s or Colitis, it can be hard to tell when a flare-up is coming — many people simply get used to feeling uncomfortable. To take the burden of guesswork off of you, SonarMD worked with BCBSIL to design a 5-question survey and a formula that analyzes your answers to predict when things may be getting worse. If there are signs of a problem, your care team is notified so they can get in touch with you. That way, you can catch little problems before they become big ones, and go on living your life.

**BENEFITS OF PARTICIPATING**

People who use the SonarMD program have been shown to:

* Remain healthier, with fewer flare-ups and complications
* Have 50% fewer ER visits and hospitalizations
* Spend 10% less in out-of-pocket healthcare costs
* Have better communication with their care team (program benefits include a direct line of communication to a nurse familiar with your health history)

**READY TO ENROLL?**

We would love you to participate so we can stay more aware of your symptoms and care for you in the best way. To enroll, give us a call at [practice number & hours] and ask about SonarMD.

We’ll need you to come in for one (free) initial visit to take a baseline of how you’re doing. From there, an electronic survey will be sent to you the first day of every month. You can choose to answer by text or email, and most people finish it in less than a minute.

**FAQs**

**When I enter my symptoms, where does that data go? Will my information be kept secure?**

The site where you enter your data is password-protected and secure. Your information will only go to your care team so they can respond in the case of a health problem.

**How is the program free?**

Catching small flares before they turn into an ER and/or hospital visit saves everyone time and money in addition to making sure you’re getting the best care possible. Because SonarMD is proven to do this, it comes at no cost to you.

**What happens at the initial visit?**

We call this first visit a “SuperVisit” because we accomplish a lot in a short amount of time (about 30-40 minutes). We’ll go through your disease course, officially enroll you in the SonarMD program, and make sure you have no problem getting and filling out your monthly survey.

**What happens if I don’t enroll?**

While we believe this program is important, it is totally optional. If you don’t sign up, we won’t change your current care in any way, and will continue trying to give you the best care possible.

**If I’ve been feeling well for a while, should I still sign up?**

Absolutely! The monthly survey has been shown to catch little problems that you may think are insignificant or normal for you, but actually might be the beginnings of a dangerous flare. An objective outside monitor like SonarMD is one more way to keep you on track and feeling good.

**Call (###) ###-#### to sign up or ask us any further questions.**