



Care Management Program

How Do We Help?

ASSIST with educating you and managing new or complex, ongoing conditions.

SERVE as your advocate, using our expertise to support your health needs.

COLLABORATE with your healthcare providers or community providers.

BRIDGE the complexities between your healthcare needs and insurance plan benefits.

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We couldn't have done all this without you. I wouldn't have maintained sanity without you talking, guiding, and making phone calls for us. We can't thank you enough for sticking with us during this roller coaster ride.



Contact your dedicated team by calling the customer service number on your ID Card: **844.380.4548**

Maternity Management

- Maternity Management supports you and your baby during pregnancy and after delivery. Our OB nurses collaborate with you to get needed resources in place for an optimal birth experience (doulas, lactation consultants, breast pumps, etc.)
- Trimester-specific check-ins with resources and tips, as well as monitoring for any potential high-risk indicators.



Chronic Condition Management

- Care management for ongoing, chronic conditions that impact other medical conditions and long-term health. Nurses work with you to develop achievable goals and a personalized plan to reach your goals.
- Nurses educate and motivate you towards better management of your health with a focus on condition and symptom understanding, medication adherence, diet and nutrition, activity, and management of stress that can come from your health concerns.

Complex Case Management

- Care management support for new or complex disease processes, extended hospital stays, transfers between multiple levels of care, frequent admissions to the hospital, frequent ER visits, and ongoing complex care needs.
- Nurses educate and motivate you towards better management of your health with a focus on condition and symptom understanding, medication adherence, diet and nutrition, activity, and management of stress that can come from your health concerns.



As always, you are phenomenal and always help me out. I am so thankful for you because it truly helps minimize my stress and allows me to focus on healing.