

Care Management: How It Can Help You

Navigating your way through the healthcare system can be a challenge. Care management is here to help.

This member program connects you with a care manager. This healthcare professional is your personal health advocate. They will support, guide, and empower you on your way to better health.

Your care manager will be on hand to:

Address your questions and concerns about your health plan benefits.

Tell you more about a health condition, test, or procedure.

Help you identify and meet your health goals, like managing a long-term health problem.

Offer advice on healthy living.

And connect you to the healthcare providers, services, and local resources you may need.

Your care manager will also help plan and coordinate your care. They will even communicate with your healthcare team on your behalf.

You may be dealing with a sudden injury or illness, coping with a long-term health condition, or striving to be healthier overall. No matter your health needs, your care manager will listen to you. They will make sure you get the best care possible.

To learn about all the ways care management can help you, your family members, or caregivers, call the member services number on your member ID card.