

HELP ALONG THE WAY TO BETTER HEALTH

Whether you're ready to get on track with your health or looking for ways to maintain an already healthy lifestyle, you don't have to figure it out on your own. Your health plan includes free care management programs and resources to help you make positive, meaningful changes at your own pace.

What is care management?

It's a personalized approach that gives you support and lots of options. Our care team includes registered nurses, pharmacists, social workers, physicians, respiratory therapists, certified diabetes educators, licensed behavioral health specialists, and other health and well-being professionals. Connect online or by phone!

Chronic condition support

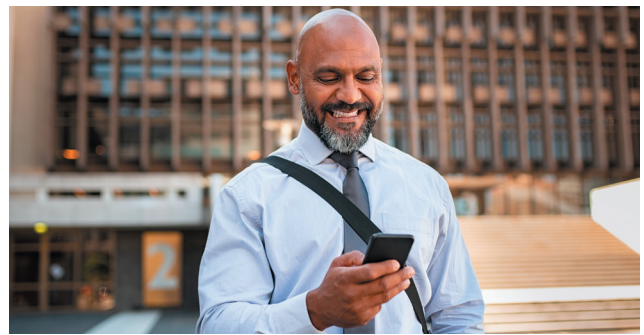
- ◆ Attention-deficit hyperactivity disorder (adults)
- ◆ Asthma (adults and children)
- ◆ Bipolar disorder
- ◆ Heart disease
- ◆ Heart failure
- ◆ Chronic obstructive pulmonary disease
- ◆ Depression
- ◆ Diabetes (adults and children)
- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Metabolic health (metabolic syndrome and prediabetes)
- ◆ Migraine
- ◆ Recovery support for substance use disorder

Prevention and wellness

- ◆ Maternity
- ◆ Back care
- ◆ Stress management
- ◆ Tobacco-free living
- ◆ Weight management (adults and children)
- ◆ Gaps in care — personalized reminders when you or your family member may be due for cancer screenings, diabetes care or a well-child visit

Case management

If you experience complex or difficult health issues, a registered nurse case manager will reach out to you to provide support. Things he or she can help with include cancer, transplants, trauma, end-stage renal disease and neonatal intensive care.



Connect with an app

The My Health PlannerSM app is free for eligible members! It helps you keep track of what you need to do between doctor visits and stay in touch with your care team.

Ready to become a healthier you?



If you qualify for one of our care management programs, we will reach out to you with a phone call, email, text or letter to help you get started. To learn more, log in to **My Health Toolkit**[®]. Select the **Wellness** tab and then choose **Care Management**.

If you have questions, call the care management team at **855-838-5897**

