



Managed Care Concepts Well Managed Chronic Care Program

What is it?

Managed Care Concepts Chronic Care Program is a set of coordinated services designed to help members manage chronic conditions. For example, some conditions targeted include Asthma, Diabetes, Hypertension, Congestive Heart Failure, Coronary Artery Disease and/or Obesity. The program includes the following:

- Individual Private and Confidential Telephonic Coaching by trained Managed Care Concepts nurse coaches.
- Unlimited inbound calls to your nurse coach.
- Educational Materials mailed or emailed to you.
- Coordination of health services with your Dr and/or other healthcare providers.

The program is 100% confidential, not shared with your employer, and is provided AT NO ADDITIONAL COST to you.

How do I participate?

Managed Care Concepts Chronic Care Program is strictly voluntary. However, it has been proven that there are many benefits to the member for participating. For example, the above conditions with good self-management have been shown to produce a positive impact on the health of an individual, lower health care costs and increase quality of life. Remember, this program does not cost you any additional money. It is provided to you by your employer as a health benefit. If you choose to participate, please follow these easy steps:

1. Call our toll-free number 1-866-750-2723 and ask to speak to a chronic care nurse manager to sign up.
2. IF you wish to participate in the program, you will have a confidential conversation with your Managed Care Concepts Chronic Care Nurse Coach regarding your chronic condition and any questions, concerns, and needs you may have.

3. The nurse will coordinate with your Dr on his plan of care for your chronic condition.
4. Work with your chronic care nurse to set realistic goals you feel comfortable with and can accomplish in a realistic time frame.
5. Talk with your chronic care nurse and discuss how they can help assist you in achieving your goals to better health.
6. Your chronic care nurse will continue to provide you with a wide range of educational resources for your unique condition/s including recipes, exercise, wellness and medical information.
7. Your chronic care nurse is equipped and willing to help you in your journey towards better health, including providing you with a knowledgeable and positive support system and monitoring your progress.

Call us now to start your journey to better health!