



# Are **you** following your treatment plan?

## Our Integrated Case Management Services are designed to help you stay on track.

Integrated Case Management is a telephone-based service designed to help you effectively manage your health conditions. A registered nurse is available to help educate you about your condition and medications, assist with locating available resources, coordinate care and help you understand how to best utilize your medical and pharmacy benefits.

## What services does a case manager provide?

Case managers can:

- Work with you to develop a plan to help you meet your health care needs
- Help you understand your health plan benefits
- Assist in coordinating your health plan benefits to best fit your needs
- Collaborate with medical providers for you and your family to help reach your health care goals
- Provide information on your medical condition and treatments to help you make decisions about your health care
- Help you deal with complexities of the health care system by coordinating services such as physician appointments, mental health and substance abuse services or home health care
- Link you to community resources and events to help you stay as healthy and active as possible



## When does a case manager get involved?

Either you can call to speak with a case manager or a case manager may call you whenever you are experiencing a change in your usual health status, including:

- Transitions such as moving from hospital to home
- Complex health care needs
- Increased life challenges such as depression, stress or concerns about substance abuse
- Extended care in the hospital or another facility

For information, call

**844.698.7939**

[www.MayoClinicHealthSolutions.com](http://www.MayoClinicHealthSolutions.com)