

Care Management - *Partnership*

ACCESS TO WELLNESS PROGRAMS AND LINKAGE TO SERVICES

Did you know we are here to partner with you to provide comprehensive Care Management Services for all eligible Highmark Health Options Members?

Our goal is to work with you to help you reach your optimal health care outcomes. Nurses, social workers and other health care staff are on hand to talk with you over the phone to make sure you get the medical care you need.



Helping you achieve your health goals

We want you to have a healthy, happy life. Our multidisciplinary team is available to address any issues you may have such as women's health, chronic conditions, i.e., asthma, heart or lung disease, diabetes, high blood pressure, etc., as well as mental health and substance abuse.

We offer community resources and programs to help you stay well and manage any conditions you may have. If you have a chronic condition, such as asthma or diabetes, our staff can provide you with ongoing disease education and management with our Lifestyle Management/Wellness Programs.



HAPPY AND HEALTHY !

DON'T FORGET

Schedule your yearly doctor appointment!



LIFESTYLE MANAGEMENT/WELLNESS PROGRAMS

More Lifestyle Management/Wellness Program information is available on our website: https://www.highmarkhealthoptions.com/Portals/5/members/DSHP_Member_Handbook.pdf

*Need help near you? Check our *Community Resource Connection!*
<https://www.highmarkhealthoptions.com/Members/Community-Resource-Connection>



Getting the most from our Care Management Program

We utilize a team of non-clinical and clinical staff to address your health issues and **link you to services**, such as helping you make your appointments, reminding you to go to your annual physicals as well as reviewing your medications with you.

Our Care Management team can partner with you to reduce your visits to the Emergency Department, help

you avoid going back to the hospital and support a **plan of care** for you, **bridging you** to healthy outcomes.

Your role in our Care Management Program is **important**.

If you think you may benefit from this Program, please call our Care Management Department at: **1-844-325-6251**.

Thank you in advance for your interest and we look forward to working with you!

**HIGHMARK
HEALTH OPTIONS
CARE MANAGEMENT
PROGRAM:
1-844-325-6251**

For Help in Your Language:

Highmark Health Options complies with applicable Federal civil rights laws and regulations and does not discriminate on the basis of race, color, national origin, age, disability, health status, sex, sexual orientation or gender identity.

ATENCIÓN: Si usted habla español, se encuentran disponibles servicios de asistencia con el idioma sin costo alguno para usted. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711).

注意：如果您讲中文，可以免费为您提供语言协助服务。拨打您的 ID 卡背面的号码（听障人士专用号码：711）。