

What do... people say?

“I think anyone who is in the same situation as I am, who has been coping with health management problems would benefit from this program. It helps people get their lives back in order and helps with goals and gives hope.”

“The nurse and my personal care worker has been at some of my doctor appointments, which helped me to better understand procedures or to clarify some of my questions. I believe that the referrals the nurse has made and the care I have received have improved my outlook and health. I have quit smoking and have not had a cigarette since November.”

Chronic Care Management provides these services

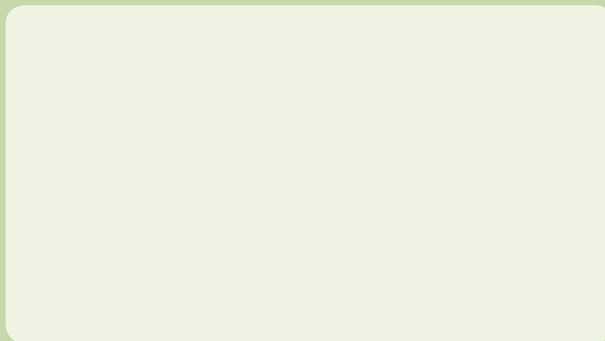
- Health care assessment.
- Person-centered health action planning.
- Support with coordination of health care and other services.
- Education and coaching.
- Help you coordinate your care if you have been in the hospital.

For more information

Aging and Disability
Services Administration

1-800-422-3263

Area Agency on Aging



ADSA Aging & Disability
Services Administration

DSHS 22-1476 (2/12)

It's Your Health Take Charge



Learn new ways to manage
your health at home with
Chronic Care Management.



What is... Chronic Care Management?

- A health action plan that focuses on your health goals and help that you may need to reach those goals.
- Improved confidence in working with your health care team such as doctors, nurses and therapists.
- Help to get medical appointments.
- Increased confidence to help you take charge of your health.
- Support to help you make healthy lifestyle changes.
- Education about how to prevent further problems with your health.



Are these services for me?

- Your Nurse Care Manager will work with your Case Manager and your doctors to support you in working with your health care team.
- Services from your Nurse Care Manager may help to reduce visits to hospitals and emergency rooms, and support your improved health and self-care.

How much does this cost?

- Medicaid pays for this service.
- No cost to you.
- You will get all of the same Medicaid services as before.

What will I learn?

Your Nurse Care Manager can help you learn more about:

- Managing your medications.
- Managing your health conditions.
- Help you to get services in your community.

What do I have to do?

- Work with the nurse during visits and phone calls.
- Make a plan with what you want to do to improve your health.

Who will I be working with?

- A Registered Nurse as your health coach.
- Your Area Agency on Aging case manager.
- Your paid caregivers and other people who work with you.
- People you identify who are important to you including mental health counselors and therapists.

How do I know if I am eligible?

- Receive Medicaid for your care.
- Be at risk for health problems.
- Receive personal care services in your home.