

Attention SMHCS Health Plan Members:

Do you have a chronic condition and want help managing your care and treatment?

Chronic Disease Case Management is available for you.

- Working with all members of your health care team
- Educating you about the disease
- Assisting with treatment plans
- Arranging for referrals and your doctor visits

This free program is available to you at anytime.

Chronic Disease Case Manager
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Chronic Disease Case Management Program

A **FREE** program offered by the Gulf Coast Medical Management Department of the Sarasota Memorial Health Care System



What is case management?

- It is a program offered by your health plan to members with chronic diseases.
- Case managers help you get the care you need and can:
 - Teach about disease
 - Help with making a treatment plan
 - Arrange doctor visits
 - Help with referrals
 - Assist with getting treatments

Who needs case management?

- If you have a chronic condition and:
 - You want help with your treatment plan
 - You want to learn more about your disease
 - What it is
 - What caused it
 - What can be done to treat it
 - You want help with referrals and doctor visits
 - You want help getting treatments
 - You agree to be part of the program

Treatment plan assistance

- What your doctor wants you to do
- What tests and treatments you need
- What drugs you should take and how
- Drug side effects
- Help you make and keep to the treatment plan

Arrange for referrals and doctor visits

- The case manager will work with all the members of your health care team:
 - Doctors
 - Therapists, like physical therapists
 - Home health care nurses
 - Pharmacists
- Help you make appointments and with referrals
- Help you with transportation issues

Case Management help includes:

- Evaluating how you are feeling:
 - Problems eating, sleeping
 - Problems with pain
 - Angry, sad, or feel there is no hope
 - Confused
 - Nervous or anxious
 - Other concerns
- Other problems or worries
 - Any school or work problems
- Smoking or alcohol use
 - Tell your doctor if you smoke
 - Smoking or second hand smoke can change how well some treatments work
 - Your doctor can help you stop smoking, if you are ready to stop
- Talk about how many drinks with alcohol you have a day
 - Some drugs should not be taken with alcohol

Help that you need in the home

- To clean, cook, or shop
- To help you move around at home
- To help you take your drugs
- To help you with activities of daily living
- Other help

Other doctors, nurses, or providers

- Other doctor visits
- Counselor visits
- Emergency department visits or hospital stays

When to call the doctor

Ask your Doctor

- Ask your doctor about warning signs for your health problems
 - Ask your doctor which warning signs mean you should call
- Ask your doctor about drug side effects
 - Ask your doctor which drug side effects mean you should call