



Case Management from Registered Nurses

Support When You Need it Most

As part of your health benefit plan, you have access to case management—a voluntary program to help you and your family deal with chronic or serious illnesses or injuries. This program is available to you at **no additional out-of-pocket cost**.

How Case Management Nurses Can Help

When you use the case management program, you are assigned a case manager who is a registered nurse. Your case management nurse can help you get the right care at the right time in the appropriate environment. They help by:



Answering your health-related questions



Coordinating care between multiple doctors



Helping you understand conditions



Supporting you through lifestyle changes to help manage conditions



Supporting you throughout your illness, from beginning to recovery



Helping you make sure all your healthcare needs are met

Support for Medical Conditions and Diagnoses

When you or a loved one is sick, hurt or dealing with a new diagnosis, trying to navigate the healthcare system can be overwhelming. Your case management nurse team can help you understand your benefits, answer care questions and even find high-quality, cost-effective providers in your plan's network.

Your case management nurse team can help with many diagnoses, including:

- Cancer
- Respiratory illnesses
- Heart conditions
- Mental health conditions
- Injuries or emergency hospitalizations
- Pediatric conditions

Connecting With a Case Manager

Wellstar's case management team uses the information your doctors send to your medical benefit plan to determine if case management could be right for you. To learn more about the program, meet Nicole and see her journey with case management.



MEET NICOLE

- 62 years old
- Married, three kids
- New breast cancer diagnosis

- 1 Nicole is newly diagnosed with breast cancer.
- 2 A case management nurse calls Nicole to introduce the case management program and explain how it can help her navigate her diagnosis. Nicole consents to work with a registered nurse.
- 3 Nicole's nurse mails her an introduction letter that explains the program and provides contact information for her nurse.
- 4 Nicole and her nurse walk through an assessment together to determine Nicole's needs related to her breast cancer diagnosis and any other medical conditions she may have.
- 5 Nicole and her nurse work together to establish and reach goals related to Nicole's needs.
- 6 While working together, Nicole's nurse helps her in many ways:
 - Understanding her network provider options
 - Knowing which appointments to make
 - Helping her through wellness screenings
 - Answering questions about medications
 - Providing support through her cancer treatments and the side effects of those treatments
- 7 After she successfully completes breast cancer treatment, her nurse sends Nicole a letter with a phone number that she can reach out to at any time she needs more help.

For more information, call the number at the top of your ID card.