

# Intermountain Care Management: Helping you get the care you need

## What is care management?

Care management is a free service. Our team works to connect you with the tools and services you need to reach your health care goals.

## How can care management help me?

The goal of care management is to improve your quality of life. To do that, care managers adapt services to fit to your needs. A care manager will:

- **Learn about your needs.** Your care manager will review your medical information and discuss your current health needs with you.
- **Create a care plan.** Your care manager will help you work out a plan to manage your health care problems and make life easier for you and your family.
- **Coordinate your care.** A care manager can help improve communication with your healthcare team. They can also help you manage your medication and schedule preventive care.
- **Connect you to the following** (depending on your needs):
  - Transportation to get you to appointments
  - Education, classes, and materials to help you better understand your health
  - Key people and agencies within your community or online
- **Follow up.** A care manager will check in with you regularly to make sure your health and quality of life are improving.



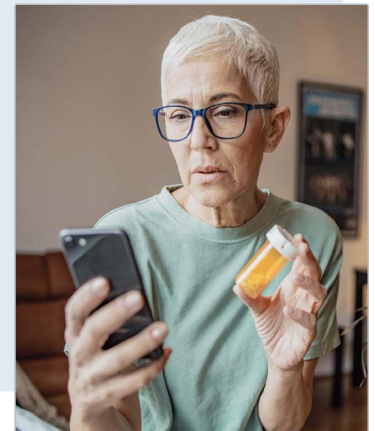
## Learn more!

If you or someone you know might benefit from care management services, ask your doctor or call the clinic for a referral.

You can expect sensitive, professional help to overcome your health challenges. Intermountain care managers will honor your confidentiality. They will work to help you live well.

*"Having a care manager made a big difference in my care. She helped turn a confusing and complicated situation into a clear and manageable one."*

— Rose, Care Management participant



# Who is on my care management team?

Your care management team may include:

- Registered nurses
- Healthcare providers
- Pharmacists
- Social workers
- Care coordinators
- Dietitians
- Mental health providers

# What do I need to do?

To get the best possible results, you are expected to:

- Meet with your care team regularly. Meetings may take place over the phone, virtually, or in-person.
- Follow their suggestions to the best of your ability.
- Be honest when you can't follow through on your team's suggestions. They may be able to help you figure out a solution.



## Questions for my doctor

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