

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.



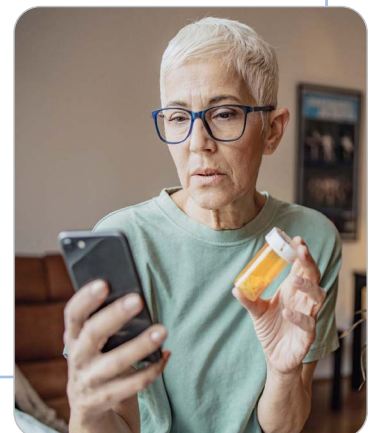
Learn more!

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 healthcare provider

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。