



# Care Management is here for you

Care Management is here to help you stay connected and on track with your health. We coordinate with your doctor and other members of your care team to support your health and social needs.

With our group of registered nurses, social workers and community health workers, you have access to the guidance you need on your path to living well.

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## Care Management can support you with:

- Assistance with questions and needs between visits with your provider
- Lifestyle coaching and wellness support
- Support in managing chronic conditions
- Disease-specific dietary education
- Medication review by a pharmacist
- Fall prevention
- Assistance with navigating insurance benefits
- Assistance in finding care to avoid unnecessary hospital and emergency room visits
- Support in connecting with:
  - In-network providers, facilities or services
  - Community resources
  - Caregiver support
  - Behavioral and mental health support
  - In-person or virtual group classes and education

## What to expect

- Coordination with your primary care and specialty providers
- Calls from your dedicated team when it is convenient for you
- Direct phone number to speak to your team members
- Support with reaching personalized health goals

## Care Management can help you:

- Manage your health at home
- Avoid unneeded hospital and emergency room visits
- Live well

## Would you benefit from Care Management support?

Speak to your provider or call Care Navigation to check eligibility.

For your other healthcare needs, contact Care Navigation—a full-service concierge benefit that helps connect you to the care you need.

- Download the **MyBSWHealth** app, select “Schedule & Search” and click the “Help Me Decide” option or call the Care Connect Center at **844.843.3229** and **press 2** for Care Navigation.

**Care Navigation is available:**

**Monday – Friday, 7:00 AM – 9:00 PM | Saturday – Sunday, 9:00 AM – 7:00 PM**

- Care Navigation services can be accessed by calling **844.279.7589** or emailing **BSWQANavigation@BSWHealth.org**.

