



Care Management

Our experts help you every step of the way.

Providence Health Plan Care Management helps you better understand your health so you can take an active role in improving it. Whether you need help understanding a new diagnosis or assistance navigating health care services in your area, the Providence Care Management team is here to help.




Get personalized support with health conditions including, but not limited to:

- Asthma
- Chronic obstructive pulmonary disease
- Heart failure
- Cancer
- Coronary artery disease
- Diabetes
- Pregnancy, post-partum, and fertility health
- Complex health issues requiring hospitalization, rehabilitation, or extensive outpatient therapies
- Parkinson's disease, multiple sclerosis, hemophilia, and kidney disease
- Support to caregivers of children who need help managing a chronic condition or illness
- Mental health
- Substance use



If you're living with a complex condition or illness, it can be hard to do it alone. With Providence Care Management, you don't have to.



Highly skilled care teams for complex and chronic conditions

Our care managers are here to help you with:

- ✔ Assistance finding services that fit your needs
- ✔ Help with prior authorizations
- ✔ Advice on general health and lifestyle choices, including nutrition and exercise, to help reduce risks
- ✔ Personalized health education about medical concerns including new innovations, medication therapy, and symptom management
- ✔ Coordination between your providers
- ✔ An individualized plan to help you reach your health goals

Note: Participation is voluntary and declining/opting-out may be done upon contact with your care manager or by contacting us by phone.

Ready to get started?

Call **503-574-7247** or **800-662-1121 (TTY: 711)** Monday through Friday, 8 a.m. – 5 p.m. (Pacific Time), email **CareManagement@Providence.org**, or visit **ProvidenceHealthPlan.com/CareManagement**



Administered by

