

Care Management

Our experts are here to support you every step of the way.

Managing your health can be overwhelming, but you don't have to do it alone. Your plan includes Care Management at no additional cost, giving you access to nurses, behavioral health clinicians, a registered dietitian, care coordinators, and health advocates. Participation is voluntary, and you can opt out anytime.

How Care Management can support you

Our care managers help you stay organized and supported during challenging moments.

What you might be experiencing	Who helps	How they support you
 An unexpected accident: Juggling new appointments, treatments, and prescriptions.	 Care Coordinator	<ul style="list-style-type: none">• Coordinate appointments• Explain your treatment plan in simple steps• Find in-network doctors or specialists• Make sure important follow-ups aren't missed
 A new diagnosis requiring nutrition changes: Adjusting what you eat.	 Registered Dietitian	<ul style="list-style-type: none">• Recommend what foods to buy and how to prepare them• Teach you how to follow your new diet plan• Support you as you build new habits
 Mental health and substance use challenges: Not sure where to start.	 Behavioral Health Hub	<ul style="list-style-type: none">• Connect you with experts trained in programs that fit your behavioral health needs• Licensed professionals who help you understand your treatment goals and support you in achieving them

Support for many ongoing and complex health needs

Conditions we support:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Heart failure
- Cancer
- Coronary artery disease
- Diabetes
- Pregnancy, postpartum, and fertility health
- Complex health conditions requiring hospitalization, rehabilitation, or extensive outpatient therapies



- Parkinson's disease, multiple sclerosis, hemophilia, kidney disease, and more
- Support to caregivers of children who need help managing a chronic condition or illness
- Mental health and substance use
- Help if you're injured while traveling – we can coordinate your return home

Ready for personalized support?

Call: **503-574-7247** or **800-662-1121 (TTY: 711)**, Monday – Friday, 8 a.m. to 5 p.m. (Pacific Time)

Visit: **[ProvidenceHealthPlan.com/CareManagement](https://www.providencehealthplan.com/caremanagement)**

Email: **CareManagement@Providence.org**

