

# Helping You Manage Your Health

Care managers are specially trained registered nurses who assist patients with long-term chronic diseases and help them recover from surgeries and short-term illnesses. They have years of healthcare experience, with extensive knowledge about facilities, providers, and services. If you qualify for care management, a care manager will work personally with you and your doctor to make sure you get the most appropriate care and receive help with your benefits and claims.

In addition to one-on-one support, we provide educational materials and follow-up phone calls to help you manage your condition. Care management is available for members with the conditions, surgeries, or illnesses listed here. Please call us to learn more.

**Asthma**  
**Cancer**  
**Chronic Obstructive Pulmonary Disease (COPD)**  
**Complex joint replacements**  
**Diabetes**  
**Heart disease**  
**Hemophilia**  
**Hepatitis C**  
**High-risk pregnancy**  
**HIV**  
**Some surgeries**



## NEED MORE INFORMATION?



WEB  
[selecthealth.org/caremanagement](https://selecthealth.org/caremanagement)



PHONE  
**800-442-5305**