




Care Management at SelectHealth[®]

Many of us need help navigating the healthcare system. Finding the right doctor or therapist, managing chronic pain, or simply getting to an appointment can be tough.

We believe in a proactive, holistic treatment approach.



selecthealth[®]

A photograph of a woman with long dark hair hugging a young child from behind. The child is wearing a blue long-sleeved shirt with pink and yellow stripes on the sleeves. The woman is smiling and looking down at the child.

**Our care managers
can ease your burden.
If you're a SelectHealth
member, there's no
extra cost—this service
is part of your plan.**

A Care Manager can help you:

- > Get preventive care, such as immunizations and recommended screenings
- > Create a care plan that supports your physical and mental well-being
- > Coordinate care for chronic illness with your doctor or specialist
- > Coordinate care with your Primary Care Provider to ensure you can access the treatment and medications you need
- > Understand your health insurance benefits
- > Connect to community and online resources, such as finding a ride to an appointment



WHO ARE CARE MANAGERS?

SelectHealth Care Managers are nurses and Social Workers who are trained to help you meet your health goals.

Our knowledgeable and friendly Care Managers are here for you. Call **800-442-5305** or scan the QR code below to get started.

