



Select
Health

Care Management at Select Health

Navigating the healthcare
system can be tough. Let us help.



Select Health care managers are nurses and social workers who take a proactive, holistic approach to help you meet your health goals.



A Care Manager can help you:

- Create a 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
- Get preventive care, such as immunizations and recommended screenings
- Understand your health insurance benefits

**Your care team is here for you.
Call 800-442-5305
or scan the QR code
to get started.**



Select Health obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電

Select Health Medicare: **855-442-9900** (TTY: **711**) / Select Health: **800-538-5038**.

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