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## COMPREHENSIVE CARE MANAGEMENT PROGRAM



**[www.FortHealthCare.com](http://www.FortHealthCare.com)**

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## What is Comprehensive Care Management (CCM)

**It is a partnership with your primary care clinician and health care team.**

**Patient-centered:** A partnership between patients and their care team that allows healthcare to be individualized, empowering patients to be active participants.

**Comprehensive:** A care team responsible for a patient's physical and mental health care needs, including prevention, wellness as well as non-medical needs within acute care and chronic care.

**Coordinated:** Health care is integrated across all components including pharmacy, specialty care, hospitals, home health care, community services and supports.

**Committed to quality and safety:** CCM is committed to providing highly dependable care. We want to help you make informed decisions about your health by creating goals that reflect your unique health care needs.

## Managed Care Means Better Results

**Most patients who choose to participate in the Comprehensive Care Management (CCM) program notice an improvement in their health and overall wellness as a result of the program, including:**

- ▶ Better overall management with complex illnesses, such as diabetes, high cholesterol or high blood pressure.
- ▶ A better understanding of medications, their effectiveness and side effects.
- ▶ More cost-effective health care as a result of improved preventative care.
- ▶ Care coordination with the providers on their healthcare team.
- ▶ Coordinate the care you need by connecting the health care providers and services that will benefit you and your health.

## The Comprehensive Care Management Nurse Role:

Fort HealthCare believes that by utilizing our entire team to care for our patients, we can provide a more holistic and personalized approach to the treatment of each patient's unique needs.

You will work with the CCM RN on a regular basis to create a personalized care plan reflecting health goals that are important to you.

In between your regularly scheduled visits with your primary care provider, we will check in to make sure we are providing you with the resources you need to successfully achieve your health goals. The CCM RN can be involved in your care as little or as much as you wish.

The CCM RN will be your advisor and educator, helping you understand your medications, diet, activity, and overall lifestyle.

Our overall goal is to bring about a better quality of life while living with long term conditions.

## How does someone get started with Comprehensive Care Management?

Although the CCM program must be ordered by a primary care provider, anyone including family members, friends, and even the patient can contact us to request enrollment.

As your health improves and you gain confidence with managing your own health care needs, case management services may no longer be necessary.

## Who pays for Comprehensive Care Management?

Medicare, Medicaid, and most other insurance plans will pay for CCM Services. Though, like a physician's office visit, you may have a deductible, co pay or out of network cost. There is no enrollment fee for CCM and financial assistance is available, if needed.