

Helping You Manage Your Health

Care managers are specially trained registered nurses who can help with managing long-term chronic diseases and provide support for recovery 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 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

Depression/Anxiety

High-risk pregnancy

HIV and other blood
conditions

Some surgeries



QUESTIONS?



WEB

selecthealth.org/caremanagement



PHONE

800-442-5305