



## AAAHC - CM/DM Information for Website

### MEMBERS

Simply Healthcare Plans offers Case and Disease Management programs. This can help you improve your health. If you join, you are called to talk about your needs. That way we can plan your care. We help you understand your condition. You can get the services you need. We also check your health. This is all FREE to you!

These programs can help you stay out of the hospital and emergency room.

Here are the programs we provide:

- **Asthma**

This program's goal is to improve the health of members with Asthma. We help you understand your condition. We also help you with social issues and other health problems.

- **Behavioral Health**

We identify members with behavioral health issues early. To do this, case managers work with the care team to help you get these services.

- **Multiple Conditions**

This is for members with more than one health problem. You may go to the hospital and emergency room often. You may also take many medicines. If so, a nurse case manager can be given to you. He or she will try to improve your care.

- **Heart Disease**

This program is for members with heart problems. The goal is to improve your health. We teach you about your disease. We also help you with social issues and other health problems.

- **Diabetes**

If you have diabetes, the goal is to improve your health. We teach you about your disease. We also help with social issues and other health problems. We teach you how to take care of yourself. We also help you follow doctor's orders. A main goal of the program is for you to see the doctor instead of going to the hospital.

- **General Case Management**

This program helps organize many of your services. We identify members in many ways. For example, hospital discharge reports and referrals. We help organize dental needs and other services. We also help you with transportation.

- **High Blood Pressure**

The goal is to improve the health of members with High Blood Pressure. We teach you about your condition. We also help you with social issues and other health problems.

- **HIV/AIDS**

This program is for members with HIV and/or AIDS. We organize different types of services. We work with providers and programs like Ryan White and Project AIDS Care Waiver. We check to see how serious your condition is. We also check for other health problems. A plan is put together for your needs. This helps you get and stay healthy.

- **Maternity**

This program is for pregnant members. We encourage them to join. We have ways to help you have a healthy pregnancy. We try to catch problems early. We also make sure that you take care of yourself and your baby after birth.

- **Cancer**

This program is for members with cancer. It helps you understand the disease. This can help you during and after treatment. We check other health problems. We also check medicine. We can provide support services if needed.

- **Pediatric General**

This is the same as General Case Management but for members under the age of 21.

- **Pediatric Complex**

This is for members under 21 that get nursing, prescribed care, or live in a facility. The goal is to meet your health needs. We work with providers. We also work with programs in the community so you get what you need.

- **Healthy Behaviors Program**

- *Quit Smoking*

This program rewards members who quit smoking. Case managers teach you how to quit smoking. They help you get and stay healthy.

- *Weight Management*

This is for members who have a Body Mass Index of more than 30. Case Managers teach you about managing your weight. They help you develop and keep a healthy lifestyle.



These programs can help you reach your health goals. If you join, a Case Manager will be given to you. This person helps you make health decisions. He or she works with you and your doctor to improve your health. You can also call us for these services when you get out of the hospital.

For more, please call our Case and Disease Management Department **toll free** at:

1. For Simply and Better Health: 1 (855)893-5170
2. For CHA: 1 (855)459-1566

Please call us if you want to join. Remember this is FREE! You do not have to be part of the program. You can change your mind at any time. We look forward to helping you get the most out of your care.