Personalized one-on-one support makes healthcare less overwhelming so you can focus on what matters most - you.

Call 1-800-258-3175 to find out more about the Case Management program.

MEDICAL MUTUAL®
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Case Management

Your One-on-One Support Program



MEDICAL MUTUAL®



A Personalized Support Plan

If you have a serious injury or illness, healthcare can be complicated. That's why Medical Mutual offers our Case Management program.

Through this program, we work with your doctor and other healthcare providers to create a care plan just for you. Our program can help you:

- Understand health information
- Become more involved in your care
- Make better choices every day
- Improve your quality of life

Best of all, there is no additional cost to participate.

Who Can Benefit from the Program

If one or more of the following statements describes you, our Case Management program may be a good fit for your needs:

- "I have been in the hospital multiple times."
- "I have recently been diagnosed with a condition."
- "I have more than one health condition."
- "I receive care from multiple health providers."
- "I take many prescription drugs."
- "I don't understand instructions from my doctor or healthcare provider."
- "I feel stressed or overwhelmed."
- "I am confused about what to do for my health."
- "I don't know where to go for specialized care."
- "I need more healthcare support in my home."
- "It's hard to pay for my health needs."

Our nurse case managers can help you receive the extra help you want or need. The program allows you, your family and your other caretakers to become more involved in your care plan and your total health. We will also make sure your healthcare team works together to support your needs.

Nurse Case Managers

One of our nurse case managers will work with you one on one. We will coach you and help you make informed decisions.

The Case Management program provides extra help with:

- Rehabilitation at home or at an inpatient facility
- Setting up healthcare equipment such as hospital beds, oxygen, or wheelchairs
- Support during or after serious injury or illness
- Finding facilities for specialized care
- Understanding how to take care of your health issue
- Taking your medicine as prescribed by your doctor
- Adopting a healthier lifestyle

How to Enroll

If you have questions or want to enroll in the program, please call 1-800-258-3175 (TTY 711 for hearing impaired), Monday through Friday, 8 a.m. to 5 p.m. ET.

These recommendations are for your information only. They do not take the place of your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.