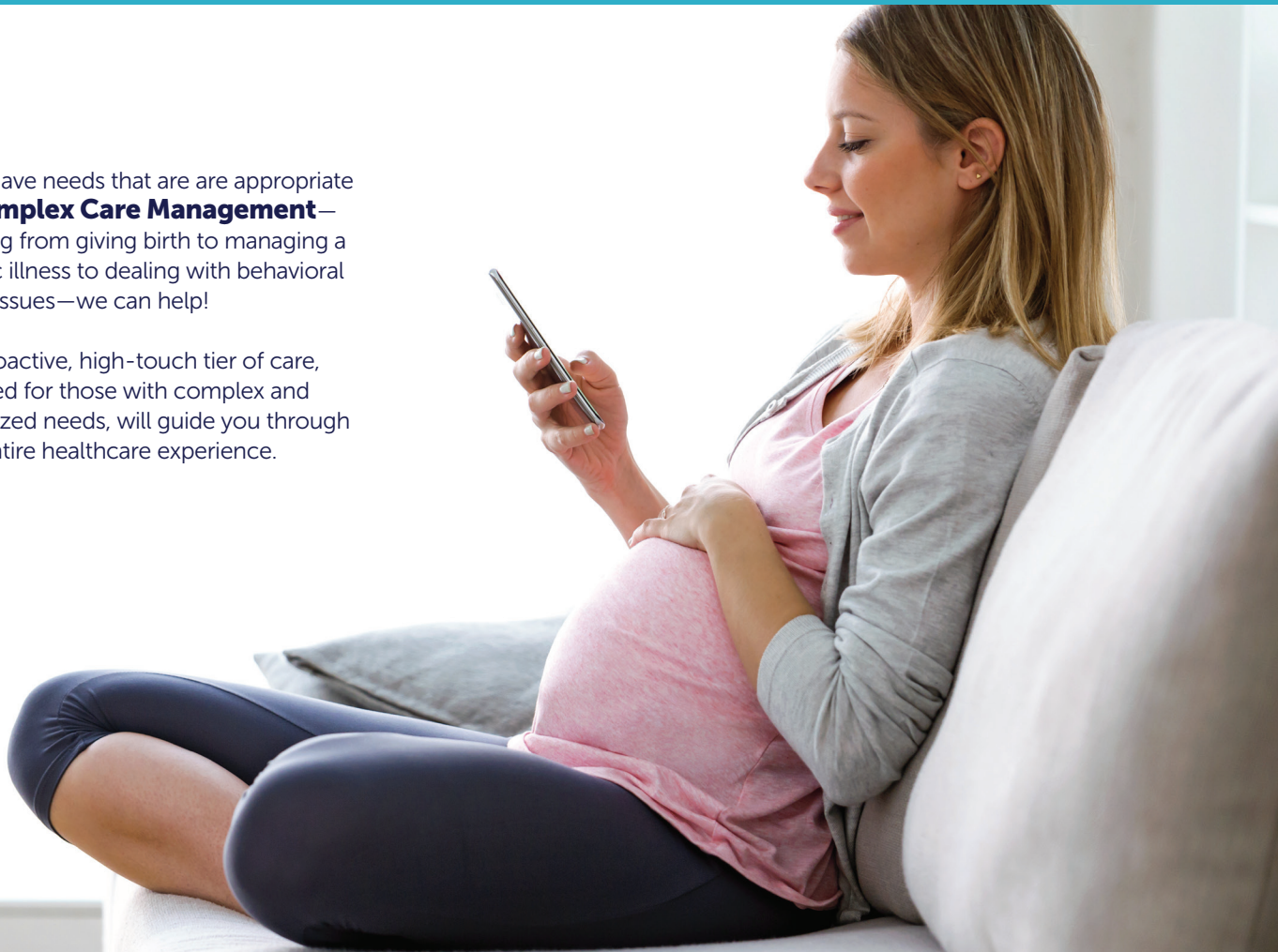


Making Complex Care Manageable

If you have needs that are appropriate for **Complex Care Management**—anything from giving birth to managing a chronic illness to dealing with behavioral health issues—we can help!

This proactive, high-touch tier of care, designed for those with complex and specialized needs, will guide you through your entire healthcare experience.



Complex Care Management uses a dedicated team of nurses, social workers and care coordinators to provide:

- An individualized care plan
- Assistance coordinating your care needs
- Assistance with engaging doctors and other specialists
- A listening ear between doctor visits
- Education and help understanding treatments and medications
- Resources to help caregivers practice self-care, and provide relief from fatigue and stress
- Immediate access to a centralized place to organize and keep digital copies of your important papers
- Guidance with health benefits, coverage and bills

With Complex Care Management, our experienced care team can help you or covered family with cases such as:

- Maternity care
- Cardiovascular disease
- Cancer/neoplasm
- Metabolic and endocrine conditions
- Respiratory diseases
- Gastrointestinal diseases
- Neurological diseases
- Diseases of the genitourinary system
- Infectious diseases
- Musculoskeletal diseases
- Behavioral diseases
- Other complex conditions