



We chose you for Care Management because of the health care services you have received. If you have questions, feedback, or complaints, please call or write:

1-855-859-1734

TTY users: 711

**Bright Health
Attn: Care Management
800 N Glebe Road
Suite 500
Arlington, VA 22203**

If you have an urgent health need, please call your doctor. TDD/TTY users may call 711. For emergency care, call 911 or go to the nearest emergency room.

Introducing Care Management

Part of Your PATH (Personal Approach To Health)



Living healthy is a lifelong journey. Everyone has a Personal Approach To Health—their own PATH. Care Management is a service that can help you along your PATH.

If you use this service, you will have access to resources and a care team to help you with your health needs.





Getting Started

There are many services and resources available to you free of charge, including:

- Information about your health condition and medicines.
- Action plans and tools to help you meet your goals.
- Support from a care team member to create a personal care plan.

Following Your PATH

Together, you and your care team member will:

- Talk at times that you choose.
- Address your physical, social and emotional health.
- Talk about your health goals.
- Find helpful services and support close to your home or work.
- Plan your doctor's visits.
- Answer health questions you might have when you can't get to the doctor's office.

Personalized Support

You will have access to a care team. This team may include medical and behavioral health staff.

Your care team works closely with your doctor to help you on your PATH to a healthier life.

Cost and Privacy

Care Management services are free of charge.

Your privacy is important. Your personal health information is only shared with people who are involved in your care.

