# Bright HealthCare<sup>--</sup>

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:

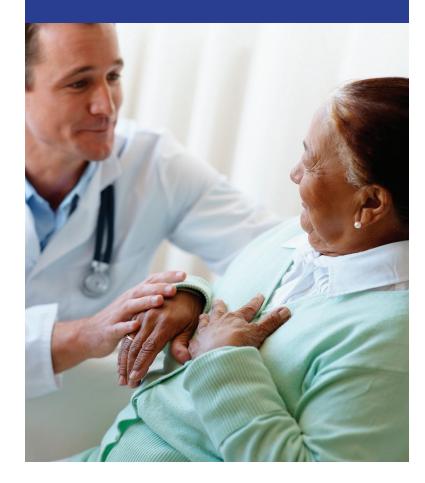
1-855-859-1734 TTY users: 711

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.

