



## Introduction to Care Management

What is Care Management?

- A patient-centered team-based approach to improve health outcome and enhance quality of care

What is a Care Manager?

- RNs or LPNs with specialized training to manage ADHD, anxiety, depression and asthma

Why join Care Management?

	Care Management	Traditional
<b>Care</b>	Physician & multiple Care Managers	Physician
<b>Time</b>	Increased flexibility and mobility for appointments	Scheduled in office appointments which may have less flexibility
<b>Access</b>	Phone calls, virtual visits, in office appointments	In office appointments only
<b>Cost</b>	Covered by many insurances; May minimize follow up appointments with physician	Covered by many insurances; may apply to high deductible plans

What kinds of things does a Care Manager help with?

- Medication management and navigating prescription coverage
- Creating personalized goals
- Developing behavioral strategies to support your treatment plan
- Coordinating care with specialists, schools, other clinicians and durable medical equipment
- Addressing questions including possible medication changes between office appointments with your doctor
- Advice and guidance including navigating community and school resources such as obtaining 504 plans or IEPs

What's next?

In order to best serve you and respect your time, we ask that you **opt in or opt out** of care management services. **Please complete and return the attached consent form prior to your initial appointment.** It can be sent back to the office via the portal or our secure email address at [officeadmin@cascadepediatrics.com](mailto:officeadmin@cascadepediatrics.com). Please contact your insurance company if you have questions regarding coverage or policy benefits prior to enrollment.