Improving Your Health Through Chronic Care Management

Teamwork is the key to good health, and Tenet would like to add a new member to your team: your own Chronic Care Management Nurse. Your Nurse will work with you and your doctor to ensure you get the right care when you need it.

If you participate in this program, you will work with a Chronic Care Management Nurse and your doctor to ensure you get coordinated, cost-effective and high-quality care. Your nurse can help you set goals, build good habits and guide you through the health system in the most efficient way possible.

This program is available by invitation and physician referral or by meeting certain healthcare criteria. Tenet colleagues as well as colleagues of other participating companies may be eligible for the benefit.
Tenet Employee Personal Health Management Program

The Tenet Personal Health Team – Chronic Care program is a resource available to Tenet colleagues and their covered dependents. This voluntary and confidential program is provided at no cost to you and is intended to help colleagues and their families who have various health conditions or complex healthcare needs.

The Tenet Personal Health Management Team – Chronic Care Program serves as your Chronic Care partner through its employee benefit plan. This program was created to help people with acute or complex care conditions.

Chronic Care Management Nurses will work with Tenet Health Plan participants identified with one of the following chronic conditions:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Depression
- Alcohol Abuse
- Diabetes
- Heart Failure
- Lower Back Pain

How to Get Involved

You may be eligible to participate in the Chronic Care Management Program if you are enrolled in a Tenet medical benefits program, and you or a covered dependent has:

- A health issue that places you at a high risk for developing more serious health issues
- A chronic health condition that needs to be managed
- An acute health episode, where a Chronic Care Management Nurse can help you move easily through the health system.

You may join the program in one of three ways:

- **Receive an invitation.** If you are invited, you will receive a call directly from a Tenet Personal Health Team – Chronic Care Nurse to discuss the program and your health care needs. The phone number will be toll-free and masked for privacy purposes.

- **Contact the Chronic Care Management Nurse.** If you have chronic conditions or high-risk health issues and think you may qualify for the Chronic Care Management program, you may contact one of the Chronic Care Nurses by calling **1-844-368-8115**.

- **Physician referral.** You may also be referred by your physician to participate in the Chronic Care Management program.
Your Chronic Care Management Nurse Provides Support, Coordinates Your Care

The Chronic Care Management Nurses will be available to help you and your family better understand your health needs and work with your physicians to enhance your care. All Tenet Personal Health Team – Chronic Care Nurses providing Chronic Care are registered nurses with diverse clinical backgrounds.

Your Chronic Care Nurse can help you better understand your health needs, work with you and your physician to efficiently manage your care, and support you as you work to manage your health. Your Nurse is a liaison between you and your physician(s) and will help you throughout your treatment plan(s).

Working with your physician, your Chronic Care Management Nurse helps to verify that your information is accurate and up-to-date. If you are seeing more than one doctor, they make sure all of your doctors have the latest information about your health and care. This coordination can make diagnosis and treatment more accurate, effective and less expensive for you. What’s more, your Nurse can help answer your questions between doctor visits, explain diagnoses and explore different community resources with you.

The program is completely confidential and compliant with HIPAA regulations. All data is screened by a third-party, and your employer will not see or have access to your personal information.

About Tenet Chronic Care Management Team

The services provided by the Tenet Personal Health Team – Chronic Care Management program are delivered by an accredited health solutions company and a national leader in health management and health care technology.