

## Get help managing health conditions

**Our case managers can work with you to coordinate your medical care.**

When your health needs change, you may find yourself in unfamiliar territory, coordinating visits to doctors and specialists, juggling new medications, and keeping information straight. That's when a case manager can lend a hand.

The case manager's goal is simply to help you get the care you need. Together, you, your physician, and your case manager will:

- assess your current health status;
- develop a care plan to address your specific needs and health goals;
- create a follow up strategy to ensure your goals are met.

If a case manager contacts you, please take a few minutes to talk with him or her.

You can also call **1-800-313-8628** or **215-567-3570** to speak with a case manager.

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**We're here for you every step of the way.**

