



Resources for

MEDICAREPATIENTS

Did you know?

AN ANNUAL WELLNESS VISIT is *COVERED* by **MEDICARE** every 12 months

WHAT IS AN AWW?

An Annual Wellness Visit (AWV) is a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illnesses based on current health & risk factors.

BENEFITS OF AN AWW

Provides a complete picture of your health

Indicates areas of health to improve in

Quality time spent with the physician

Obtain additional services if needed

**This is not a Physical*

WHAT IS DISCUSSED?

Medical History / Blood Pressure, Height and Weight
Movement and risk of fall / Memory Changes / Preventative screenings
Update list of providers / Review Medications / End-of-Life Planning

**100% COVERED
BY INSURANCE**

**NO
DEDUCTIBLE**

**NO
CO-INSURANCE**

***DURING THIS COVID-19 CRISIS,
AWVs CAN BE CONDUCTED THROUGH TELEVISITS.***

**BE SURE TO SCHEDULE AN AWW
WITH YOUR PRIMARY CARE PHYSICIAN**

mySugr.com

A Diabetes Management Solution

Managing your diabetes isn't always easy. This is why we have developed a solution to help you manage your HbA1C, as well as engage with a care team that can coach and guide you through the journey.

mySugr Bundle

- One Accu-Chek® Guide-Me blood glucose meter
- One Accu-Chek® FastClix lancing device
- One box with 102 extra lancets
- Five boxes of test strips (50 count)
The system monitors strip usage automatically and delivers new strips before the patient runs out of supply
- Accu-Chek® FastClix Lancing Device

WHAT DO YOU GET FOR ENROLLING?

FREE Diabetic Supplies

FREE 24/7 access to a Certified Diabetic Educator

FREE Personalized Educational Materials

HOW DOES IT WORK?

All through the MYSUGR APP*

The app quickly syncs with your Blood Glucose meter, automatically logs your BG levels, estimates your A1c, includes Diabetes Coaching, and sends you more supplies when you need them (unlimited strips)

**Smart Device Required*



Talk to your physician about joining the Digital Diabetes Management Solution



Work with your coordinator to get enrolled in the program



Download the "mySugr" app and consent to the program via your welcome email



Open your kit shipped to your home (ships in 7-10 business days)



To get started, pair your meter to your smartphone or schedule an appointment with your coordinator for assistance

GET ACCESS TO THE CARE
YOU NEED WITH **FREE** AND
RELIABLE RIDES FROM



DEDICATED PARTNER SERVICES AND SUPPORT

lyft's vision aligns with healthcare to always put the patient first and create programs that improve outcomes and patient satisfaction.

Now offering **FREE RIDES** to your Primary Care Physician's Office!

Talk to your physician today if you need transportation for your next appointment.

Convenient Experience

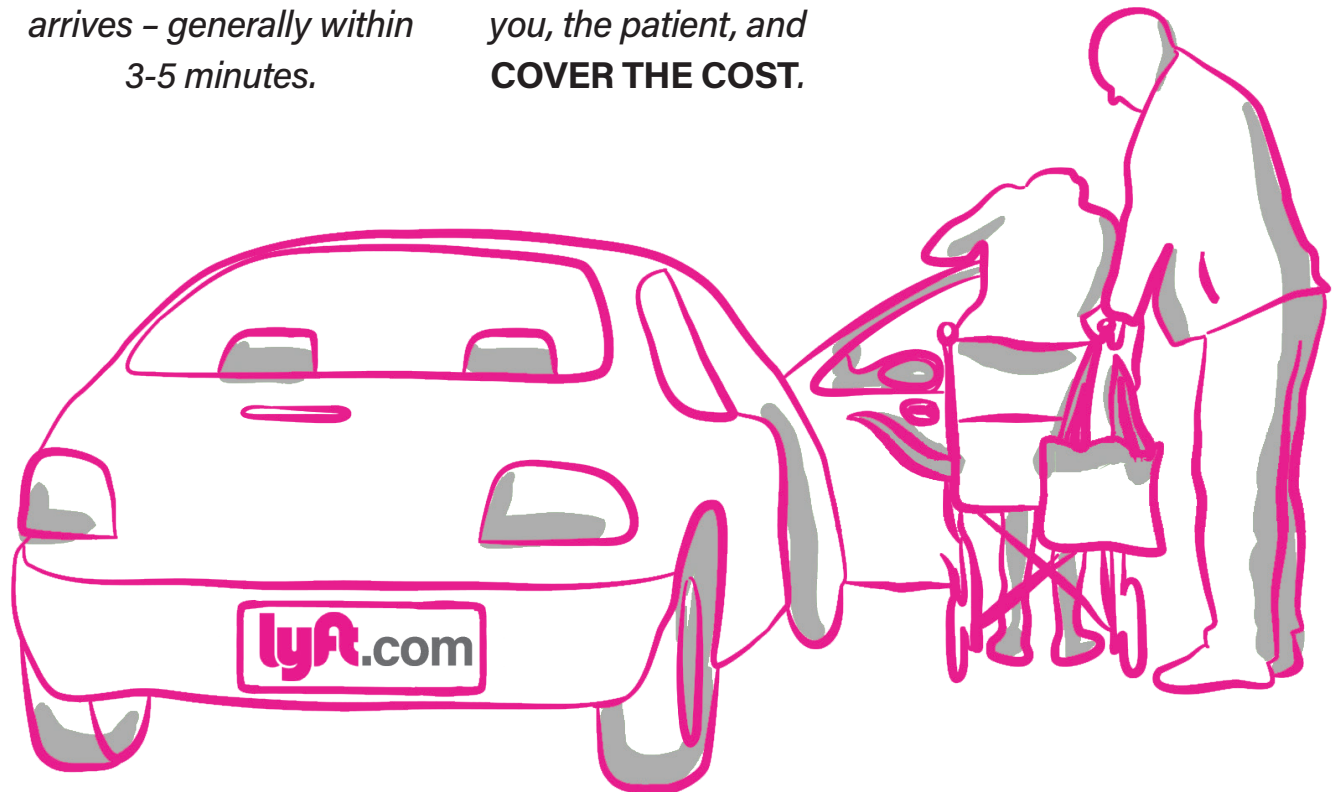
Get picked up anywhere and remain inside, in comfort, until your ride arrives – generally within 3-5 minutes.

Cost is Covered

Your Primary Care Physician can seamlessly send rides to you, the patient, and
COVER THE COST.

Safety First

Receive details about the driver and vehicle before hopping into their car.





Caring One

POST HOSPITALIZATION DISCHARGE OUTREACH

THE CARING ONE POST HOSPITALIZATION DISCHARGE PROGRAM is committed to improving the level of care for our patients following a discharge from the hospital. Follow-up calls will be conducted by our telephonic outreach coordinator. During this call, the coordinator will assist in scheduling a post discharge appointment with your Primary Care Physician.

PROGRAM GOALS:

PROVIDE follow-up care to the patient through the use of phone calls after discharge

INCREASE patient satisfaction by continuing their care with their Primary Care Physician

HELP avoid potential readmission

WHAT TO EXPECT

A CARING ONE coordinator will call between the hours of 8:00AM and 5:00PM following a hospital discharge

FREQUENCY of Calls:


One call attempt within 24 business hours of discharge

One call attempt within 48 business hours of discharge

3 more separate call attempts with 2-3 days interval until the 14th day of discharge

YOU WILL BE connected to your physician's office to schedule a post-discharge appointment

CALL Barbie Bagtas / 410-260-0223 / 8 AM-5 M-F (Except Holidays)
COORDINATOR



THROUGH **CARE MANAGEMENT**,
MEDICARE BENEFICIARIES ARE
ABLE TO WORK WITH A NURSE TO
DEVELOP A PLAN OF CARE THAT AIDS
IN HELPING PATIENTS ACHIEVE THEIR
INDIVIDUALIZED HEALTH

RN CARE **MANAGER**

WHY IS CARE MANAGEMENT IMPORTANT?

*Having a care plan that is unique
to each individual can:*

LEAD TO A SENSE OF SELF MANAGEMENT

DECREASE HOSPITALIZATIONS

IMPROVE OVERALL POSITIVE HEALTH OUTCOMES

PROVIDED SERVICES

High-risk care management

Comprehensive care coordination

Measurable goal setting

*Talk to your Primary Care
Physician about getting your
individualized care plan
created with the help of:*

CASSANDRA THOMAS


RN, BSN, CDNC

RN Care Manager

cthomas@medchi.org

WHAT DOES THIS MEAN FOR YOU?

You will be able to work one-on-one
with a Care Manager to create a plan
that directly impacts your specific
needs. Together you and your Care
Manager will identify your health
concerns and set goals to decrease,
manage, or eliminate those concerns.



*Sometimes you need
to talk with someone
outside of your family or
friend circle for help...*

BEHAVIORAL HEALTH SPECIALIST

Your primary care provider offers a behavioral health specialist who can connect you to resources, provide psychotherapy, and help empower you toward your wellness goals.

AVAILABLE SERVICES:

COUNSELING FOR:

Depression
Anxiety
Stress
Grief
... and more

INFORMATION AND REFERRALS FOR:

Substance Use
Caregiving Support
Community Resources

INTERESTED? Ask your doctor for a referral.*

THERE IS HELP.

Leslie J. Sherrod, MSW, LCSW-C

MedChi CTO Behavioral Health Specialist

**May require insurance authorization and
copays*