



Moving Toward Better Health

Your participation in treatment represents an important step toward maintaining your daily routine and enjoying life.

At Magellan, we care about your health and can provide support through all phases of your treatment. We understand it will take time and attention to continue your progress. We're here for you. You can sign up for confidential case management services at no extra cost to you. A care manager is available to work with you over the phone and will help you create an action plan to help achieve your health goals. Your care manager will help you discover and address challenges or obstacles that you may face during recovery. Your action plan will build on your strengths, help you break through barriers, and keep you moving toward your goals.

Supporting you when you need it most

Your care manager will help you to:

- Assist with ongoing community resources to support successful treatment.
- Set goals that are part of your treatment.
- Create a plan that can help you reach your personal health goals.
- Manage stress that can become a barrier to achieving your goals.
- Provide you with a progress report with your completion of our simple questionnaire, the Consumer's Health Inventory (CHI)

With your permission, your care manager can also help you to coordinate treatment with your providers as needed to ensure optimum treatment.

This program provides general information and is not the practice of medicine nor a substitute for the independent medical judgment of a treating health care professional. All questions about your health status and treatment should be directed to your treating health care professional.

A care manager can make a difference

To learn more about confidential case management services call Magellan, at the toll-free number on your insurance card. Care Managers are available Monday through Friday, 8 a.m. to 6 p.m. Emergency services are also offered at this same telephone number, at any time, day or night. The care management program is offered at no cost and is a confidential and voluntary benefit. Participating in this program will not affect your eligibility for any other health care services.

**Independence Blue Cross,
Family of Companies EAP
1-800-424-4238**

For TTY Users: 1-800-456-4006
Magellan Self-Screening: 1-866-272-4093