**Introducing another level of personalized care for you, our patient:**

**TBIM Care Management **

**What is Care Management?**

* + - * **Care Management is a collaborative, individualized approach to managing your health**
* **In Care Management, you work hand-in-hand with one of our Care Managers (RNs) and your TBIM physician to design a personal Care Plan which:**
* **Identifies the health goals most important to you**
* **Identifies the barriers preventing you from achieving those goals**
* **Outlines strategies for overcoming your barriers**
* **Specifies activities designed to help you successfully meet your goals**
* **Your Care Management experience will consist of an initial (60-minute) appointment with one of our Nurse Care Managers, followed by in-person, telephone, or web-based “check-ins” (your choice) to see how you are doing with your Care Plan**

**What are the benefits of Care Management?**

* **Reduce your chance of Emergency Room and hospital admissions (and medical costs!)**
* **Feel, and live, better as you achieve health goals**
* **Become self-empowered as YOU take control of YOUR health**
* **Receive individualized health education, instruction and support**
* **Get assistance with medication management, coordination of care between different health care providers and links to available community resources**

**Who qualifies for Care Management?**

* **ANY TBIM PATIENT THAT WOULD LIKE HELP MANAGING THEIR HEALTH!!**

**TBIM currently has two certified Nurse Care Managers (RNs) on-staff**

**Talk to your TBIM physician if you are interested in a Care Management visit!**

**\*Care Management visits may be covered by your insurance plan. Ask us! We can help!**