

Chronic Care Management

NEBRASKA
HEALTH
NETWORK



What is Chronic Care Management?

Chronic Care Management (CCM) is a care coordination service that is completed outside of your regular visits with your health-care provider. This program provides you with around-the-clock access to care that will help you stay on track with your treatments and overall care plan.

Are You Eligible?

If you live with two or more chronic conditions, CCM can help you manage your care. Some examples of chronic conditions include, but are not limited to:

- Alzheimer’s and Related Dementia
- Arthritis
- Asthma
- Cancer
- COPD
- Depression
- Diabetes
- Heart Failure
- Hypertension
- Osteoporosis

Continuous Care

When you have more than one chronic condition, there may be times when you need immediate answers to your health needs and questions; CCM grants you 24-hour access to a qualified health individual who can help you. You will be provided with multiple methods of communication beyond just your phone, such as a secure email portal.





Personalized Comprehensive Care Plan

From the moment you enroll in CCM services, your designated CCM team will develop a Comprehensive Care Plan to guide your overall health. This plan is a timely, overall look at your health with a special focus on managing your chronic conditions.

First, a member of your CCM team will complete a full assessment that includes:



How you are feeling physically and emotionally



Whether you have access to resources like food, transportation and/or medication(s)



A review of all the medications you are taking and how you are taking them

Once the assessment is complete, the CCM team will create a plan that helps you with specific activities each month such as:



Ensuring you are up-to-date and active with your medications



Helping you connect with community resources



Facilitating communication between all of your health-care providers



Assisting with goal-setting, problem solving and overcoming barriers



Offering tips and techniques on how to deal with problems associated with chronic health conditions like pain, fatigue, frustration and getting a good night's sleep



Providing resources to help you better manage your symptoms

Overall, CCM helps you take an active role in your care. It increases the likelihood that you will get healthier and moves you closer to achieving your health-care goals. If you are interested in receiving CCM services to help improve your overall health and prevent illness, talk with your health-care team regarding enrollment.