Managing Your Health Care Can Be Overwhelming, But it Doesn’t Have to Be.
If you have Medicare and live with two or more chronic conditions like arthritis, diabetes, depression, or high blood pressure, chronic care management services can help connect the dots so you can spend more time doing what you love.

**Services may include:**

- At least 20 minutes a month of chronic care management services
- Personalized assistance from a dedicated health care professional who will work with you to create your care plan
- Coordination of care between your pharmacy, specialists, testing centers, hospitals, and more
- Phone check-ins between visits to keep you on track
- 24/7 emergency access to a health care professional
- Expert assistance with setting and meeting your health goals

Ask your doctor about chronic care management services and get the connected care you need.

For more information visit: go.cms.gov/ccm.