

HealthChoice Programs for Shelby County Government Employees



Let us help manage your health

Shelby County Government has partnered with HealthChoice to offer employees, retirees, and their families access to care management and support programs that provide services, resources and tools designed to improve health and sustain wellness. **To sign up or learn more about these programs, contact HealthChoice at 901.821.6700, by email, or visit www.myhealthchoice.com.**

The following care management programs are offered to help you and your family understand and manage your medical conditions and to help you navigate the health care system. All programs are **FREE for Shelby County Government medical plan participants** and are coordinated to accommodate your work schedule. As with all HealthChoice programs, your health information will remain completely confidential.

DIABETES SELF-MANAGEMENT PROGRAM

This program is offered to all Shelby County Government employees and retirees with Type 2 Diabetes. Active participants of the program will receive blood glucose test strips and lancets to encourage proper monitoring and care. Join us as we provide you resources, tools and support to help you manage your condition on a daily basis, avoid complication, and adjust to the impact diabetes can have on your physical and emotional well-being. This program is flexible and will be customized to meet your specific needs.

This 10-month program includes 8 weekly one-hour sessions followed by 8 monthly one-hour sessions in a supportive group setting, where participants will have a chance to learn the latest information about diabetes and its treatment as well as ask questions and discuss their condition with experts in the health care field. As a participant, you will learn:

- Techniques to deal with the physical and emotional issues that may arise from your condition
- Exercises to help you maintain and improve your strength and endurance
- Tips for healthy eating
- The best way to take your medicine
- How to avoid complications

CHRONIC KIDNEY DISEASE PROGRAM

This program is offered to all Shelby County Government employees and retirees with Kidney Disease. Our clinical staff will lead you through the causes of Chronic Kidney Disease (CKD), teach you ways to prevent or delay its progression and help you make educated decisions about your treatment options.

This 8-month program includes 8 weekly one-hour sessions followed by 6 monthly one-hour sessions in a supportive group setting, where participants will have a chance to learn the latest information about CKD and its treatment as well as ask questions and discuss their condition with experts in the health care field. As a participant, you will learn:

- About your kidneys' basic functions
- How to prevent complications through diet, exercise and early detection
- Important facts about medications used to manage kidney disease as well as high blood pressure and diabetes
- What tests and methods are used to diagnose and monitor kidney disease
- What treatment options are available for advanced kidney disease and how to make educated decisions

COMPLEX CARE MANAGEMENT PROGRAM

This program is offered to all Shelby County Government employees, retirees, their spouses and adult dependents. Managing your personal health situation can be challenging even for health care professionals. We understand that employees and their family members often need extra help navigating the health care system when faced with multiple chronic conditions, frequent hospitalizations or limited ability to perform basic daily functions due to physical and psychosocial challenges. For that reason, we are pleased to offer an option for support.

The HealthChoice Complex Care Management Program provides customized support for your specific health needs, enabling you to attain the highest level of health and functionality possible. The program is flexible to better manage your social, behavioral and medical needs.

Care managers, social workers, pharmacists and dieticians work with you, your families, your doctors and community resources to attain your health goals. As a participant, you will receive:

- Face-to-face assessments of your needs
- Customized care planning
- Coordination of care with primary care physicians, specialty physicians, social workers and pharmacists
- Service coordination with community resources
- Ongoing support as needed for up to a year
- Patient and caregiver engagement and education

CARE TRANSITION SUPPORT PROGRAM

In addition to its care management programs, HealthChoice offers the Care Transition Support Program, designed to help you after your discharge from the hospital or emergency room (ER). Our goals are to help you connect with your physician, better understand your condition and discharge instructions, and help to prevent future ER visits and inpatient hospitalizations. We aim to connect you with the right resources and services to keep you healthy and out of the hospital so you can return to normal activities. We are always a phone call away, and we encourage you to answer when we call. Our team is here to help you.