

**Are you living with a complex or chronic health condition?**

If so, you may need a little extra help staying healthy. Continuing Care is a free program that can help. It offers a dedicated health care team that helps you stay on track. The program provides personalized support to help with your health care goals.

**What is Continuing Care?**

Continuing Care is a free program. It helps people living with complex or chronic conditions improve their health. When you participate, a registered nurse works with you and your health care team. The main goal is to give you the support you need between your health care visits to help you stay well.

**Who can participate in Continuing Care?**

People with complex or chronic health conditions may be eligible. And you don't need a referral. Simply call **1-833-767-8614** or ask your doctor or care provider if you might qualify.

**What types of chronic health conditions qualify?**

Conditions such as diabetes, heart disease, COPD, and advanced cancer may qualify. People receiving care for a terminal condition may also be eligible.

**Do I have to be very sick to participate?**

No. Continuing Care meets you where you are on your health journey. Do you just need a little support from time to time? Or do you need more frequent assistance? Either way, Continuing Care can help.



**Dignity Health  
Continuing Care Program**







### How can Continuing Care help me?

Continuing Care can help you:

- Get answers to your questions.
- Follow your doctor's treatment plans.
- Manage medications.
- Coordinate your health care visits:
  - » By attending visits with you for added support.
  - » By assisting you with locating transportation resources.
- Learn tips for self-care.
- Access resources or programs that you need.

### If I participate in Continuing Care, does that mean I won't see my doctor anymore?

No. Continuing Care does not replace your doctor. This program provides an added layer of support to your care team. It can help you between (and even during) your doctor's visits.

### How does Continuing Care work?

You will be assigned a nurse. Your nurse will provide the specific help you need. He or she will work with your primary care doctor and other providers as necessary.

Your Continuing Care team may also include social workers, community resource aides (navigators) and clinical pharmacists. They will get to know you and become familiar faces as you work to reach your health goals.

### Do I work with my Continuing Care team in person?

You can meet with members of your team in person or over the phone. A member of the team may even attend doctor's visits. They can help ensure you understand your care plan and that all of your questions are answered.

### Does my doctor have to refer me?

No. You can simply request to participate. Call us at **1-833-767-8614** to learn more and find out if you're eligible.

### Do I have to agree to participate just because my doctor recommended Continuing Care?

No. Your participation in Continuing Care is voluntary and private. Whether your doctor recommends it or you choose to participate on your own, taking part is entirely up to you.

### How much does the program cost?

Continuing Care is offered at not cost to you.

### Will my benefits be affected if I participate?

Participation in the program will not affect your health benefits. If you decide to participate, someone will call you to set up an appointment to discuss your personal health care needs.

### How do I participate in the program?

Talk to your doctor at your visit today about whether Continuing Care makes sense for you. You can also call us directly at **1-833-767-8614**, and we can answer questions and help you enroll.

### Learn more

[vimeo.com/dignityhealthcin/patients](https://vimeo.com/dignityhealthcin/patients)

[dignityhealth.org/carecoordination](https://dignityhealth.org/carecoordination)

**1-833-767-8614**