



www.MedicareHealthSupport.com 1-866-807-4487

- ➔ Medicare Health Support is a new, free program from the Centers for Medicare and Medicaid Services. The program is designed to give people living with multiple chronic conditions additional education and support services to help improve self-management of their condition and to stay healthier.
- ➔ The program will help Medicare beneficiaries participate in their own care and become better self-managers of their conditions through proactive, personal connections with highly trained and empathetic nurses.
- ➔ A team of Medicare Health Support nurses will interact with beneficiaries to help beneficiaries monitor their conditions and support them in creating and sustaining the behavior changes that result in better health. The team will proactively call Medicare beneficiaries to:
  - **Remind** them about certain tests they may need
  - **Answer** questions about medicines, test results, or instructions they receive from their doctors
  - **Talk** about specific health care needs they may have
  - **Discuss** diet, exercise and other lifestyle issues
  - **Suggest** questions to ask their doctors or other people who help with their care
- ➔ Phone calls will be supplemented with regular mailings including newsletters, reminders about specific tests, information to help beneficiaries keep track of their health records, and other educational materials. **Beneficiaries' health information always remains confidential.**
- ➔ The Centers for Medicare and Medicaid Services has selected **American Healthways**, a leading provider of care-support programs, to deliver the Medicare Health Support program to select Medicare beneficiaries living in the Maryland and Washington D.C. area.

#### **About American Healthways:**

- For more than 20 years, American Healthways has been working with hospitals, health plans and physicians to improve patient health and reduce the cost of care.
- American Healthways currently provides care support services to 1.5 million people nationwide.
- American Healthways' programs have been reviewed and approved by Johns Hopkins and are accredited by NCOA and URAC.
- The company's results have been published in peer-reviewed journals such as *The Journal of Clinical Endocrinology and Metabolism*, *The Journal of Cardiovascular Nursing* and *Health Affairs*.
- American Healthways has a team of more than 500 physicians with whom it consults annually to help strengthen and improve its programs. The company's full-time medical director has more than 25 years of experience in health care, including 16 years operating a private cardiology practice.
- The company employs more than 1,400 registered nurses, each with an average of more than 16 years of experience.