

Programs to Manage Your Health

Care Management is a free and voluntary service for L.A. Care members. We have a team of nurses, social workers, community health workers, and care coordinators ready to help with your health. The Care Management program is provided over the phone, but you may also be connected with a community health worker to visit you in person.

Our Care Management team will:

- ⌘ Understand your health conditions.
- ⌘ Get the care you need.
- ⌘ Work together with you and your doctor(s).
- ⌘ Connect you with benefits and resources you may be eligible for, such as transportation to the doctor, caregiver assistance, or behavioral health services.

Our goals are to help you:

- ⌘ Live more independently.
- ⌘ Get what you need from the health care system.
- ⌘ Work with your doctors so you only go to the emergency room or hospital when you need to.
- ⌘ Know how to find the support and services you want.

For more details about our services, please call the Care Management staff toll-free at **1.844.200.0104**. We are here Mondays through Fridays from 8:00 a.m. to 5:00 p.m.

