

R.E.A.C.H.

Additional support offered to maintain an active and fulfilling life!

In continuing our commitment to provide the support you need to manage your care, Care N' Care (HMO/PPO) has launched a new program called **R.E.A.C.H.**

With R.E.A.C.H. – which stands for Resources for Enhanced Access to Community Health– you now have access to a wide array of resources and services designed to positively impact your health and well-being. Best of all, these services are provided at no additional cost or co-pay to you. This is possible because Care N' Care has joined with some of the nation's most widely respected healthcare companies to make sure that you get the added resources, education and solutions you need, when you need them most.

Already, four leading healthcare companies have joined the R.E.A.C.H. family to provide our members the following services:

- If you have challenges managing your medications or following your doctors' recommendations, you now have **AdhereHealth** by your side. They can provide assistance with education regarding proper use of medications, align the delivery of multiple medications, help with coordinating transportation to the doctor or pharmacy, and addressing the high cost of medications.
- **Connected Health Program by Medtronic** is now on board to provide daily health checks and clinical monitoring if you are suffering from congestive heart failure, pulmonary disease, diabetes, coronary artery disease or high blood pressure. By identifying potential health issues in a timely manner and providing prompt action our goal is to avoid further worsening, complications and emergency room visits.

- Access to a service that provides an extra layer of support for you and your family, **In-Home Supportive Care by TurnKey Health**. In-Home Supportive Care offers you an experienced care management team who will work with you to schedule home or phone visits with a nurse or social worker, coordinate care and appointments, address and manage pain and symptoms and identify your needs to help you care for yourself at home.
- Personalized support with medical decision-making is now available to you and your family through **Vital Decisions' "Living Well" telehealth program**. Delivered over the phone or by video session, specialists trained in healthcare decision-making and counseling can help ensure that your feelings and wishes are understood, communicated, and have it reflected in your healthcare. Advance Care Planning documents are also made available as part of this process.

Members who qualify for this program will be contacted directly by one or more of these new Care N' Care partners, either by phone or mail. Participation in the program is entirely your choice; we simply want you to know you have access to this new support program at no cost to you. You may opt-in or opt-out of the program at any time.

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“This program greatly expands the scope of services we are able to offer while also reminding our members of the importance of consistent self-care,”

Care N' Care Chief Medical Officer David J. Sand, M.D.