



## WHEN TO CALL YOUR CARE MANAGER

Call if you have experienced changes in your health including:

- ◆ You have been hospitalized more than once in the past year.
- ◆ You have experienced falls in your home or community.
- ◆ You can no longer do some things that you had been able to do by yourself (such as meal preparation, bathing, bill paying).

Call if you have questions about home care services that may be covered by your health plan.

Call if you need additional community services such as:

- ◆ Equipment for bathroom safety or home safety.
- ◆ Assistance with finding a new living situation (senior apartment).
- ◆ Information about topics such as staying healthy, preventing falls, and immunizations.