



Conifer Health Solutions provides Personal Health Management services to eligible health plan members. Personal Health Management is a program in which a nurse works with you and members of your healthcare team to help facilitate the high-quality care you need to improve and maintain your health.

One nurse — your personal health nurse — is dedicated to helping you manage your daily health and is available to help you or your family member(s) during times of acute illness.

Speak to your Personal Health Nurse Today!

Patricia 1-800-459-2110 x2247

Personal Health Management provided by

CONIFER
HEALTH SOLUTIONS®

All logos and trademarks are the sole property of their owners.
© Conifer Health Solutions, LLC. All Rights Reserved. 022118

CONIFER
HEALTH SOLUTIONS®



Take Charge of Your Health

Lead a healthier life with the Conifer Health Solutions Personal Health Management program provided to you at no additional cost by your health plan.



Steps to a Healthier Life

Personal Health Management is a free, confidential program that empowers you to become informed and proactive about leading a healthier life. Whether you are chronically ill, suffering from complex medical conditions or experiencing an acute illness, navigating the evolving healthcare system can be challenging. The Personal Health Management program offers one-on-one support by collaborating with you and your healthcare providers to develop your customized care plan. Our goal is to provide the peace of mind you need to start focusing on the right things, like improving and maintaining your health.

Collaboration Is Key

Our goal is to create a three-way team between you, your healthcare providers and your personal health nurse to help you achieve sustained health and wellness. Your willingness to actively participate in Conifer Health's Personal Health Management program is key to achieving a successful outcome.

Promoting High Standards of Care

Because we care about your health, we review the services you are receiving in relation to national standards for managing your particular medical conditions. When we identify gaps in your care, your personal health nurse will work with you and your physician to establish an action plan to support you in addressing those gaps.

Promoting Community Resources

Conifer Health's goal is to help you find the best care possible within the options offered through your health plan. In addition, your personal health nurse will advocate for your health needs by working with you and your family members to identify community resources to further support your goals for healthy living.

Frequently Asked Questions

How does the Personal Health Management program work?

An experienced nurse employed by Conifer Health reviews your health information and determines if you or a dependent could benefit from Personal Health Management support. If you qualify for the program, a nurse will call you to provide key information about the program and to discuss your healthcare needs. If you choose to enroll in the program, the nurse becomes your personal health nurse and serves as your healthcare advocate — helping you live a healthier life through personalized, convenient support. Additionally, if you feel that you qualify for the Personal Health Management program, you may contact your personal health nurse directly.

Who is Conifer Health Solutions?

Conifer Health is a certified health solutions company and a national leader in personal health management and healthcare technology. With 30 years in the healthcare industry and on-the-ground experience in 135

"Our Conifer Health nurse was wonderful throughout my husband's surgeries and recovery; assisting in coordinating his care with the hospital case manager, home healthcare company and the doctors. She always made sure my husband received quality, medically necessary and efficient care. My husband's health improved every day during that period and eventually, he no longer needed home healthcare. Even then, our nurse continued to follow up with us. She is a true, caring professional."

- Health Plan Member

markets nationwide, we know the ins and outs of local health systems, physician groups, and unions. We help members navigate the healthcare system and provide the tools for them to adopt healthy behaviors through collaboration and education.

Why should I trust Conifer Health?

Throughout the personal health management program, your medical information is handled in a confidential and professional manner and will not be shared with your health plan or anyone else without your consent. Our clinical team comprises full-time nurses who are credentialed and certified through state laws and professional groups, and our clinical guidelines are regularly reviewed by nationally-recognized practicing physicians. In addition, the Conifer Health Personal Health Management operation is accredited by a national quality organization.