

# Partners for Health™

## The Care Management Difference

**BlueCHiP®**  
For Medicare  
**Optima**

Imagine having a health plan that understands and looks out for you, making sure you have access to the healthcare you need. What if that health plan has care managers who are experienced and skilled at getting you appointments and services, and can even arrange rides and get interpreters? Such a health plan actually exists for all BlueCHiP Optima members.



Blue Cross & Blue Shield of Rhode Island has teamed up with Neighborhood Health Plan of Rhode Island to offer this special program to BlueCHiP for Medicare Optima members. *Partners for Health* was created by Neighborhood Health Plan of Rhode Island with the belief that everyone deserves high-quality healthcare. Instead of looking for community resources, entitlement programs, and healthcare alternatives by yourself, a *Partners for Health* care manager can help guide you on:

- Doctor and specialist care
- Home health services (such as physical, speech, and occupational therapies, nursing, and home health aides)
- Medical equipment and supplies
- Hospital care
- Medication
- Mental health and substance abuse services

*Partners for Health* care managers can also work with you on social issues, including:

- Transportation
- Interpreters
- Housing
- Community resources

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Your Plan for Life.™

## Health and Wellness Programs for Members

As part of its contract with Blue Cross & Blue Shield of Rhode Island (BCBSRI), Neighborhood Health Plan of Rhode Island (NHPRI) reviews the medical necessity of services provided to BlueCHIP for Medicare Optima members.

### Disease Management Programs

These programs provide extra help to members living with certain chronic medical conditions:

- **Asthma Management Program** – Information and classes to help members understand and control asthma.
- **Diabetes Management Program** – Information, tools, and special events to help members manage their condition through regular blood sugar testing, good nutrition and exercise habits, annual eye exams, and proper foot care.
- **Heart Failure Program** – Information, medication reminder tools, and ongoing telephonic counseling by nurses to help improve self-management and self-monitoring skills.
- **Coronary Artery Disease Program** – Educational materials and medication reminder tools to help with any necessary lifestyle changes.

### BlueCHIP for Medicare Optima Preventive Health Programs

We provide information and programs to address immunizations, cancer screenings, smoking cessation, stress management, nutrition, fitness, and a host of other topics:

- **Health Information Online** – Our Web site, [www.BCBSRI.com](http://www.BCBSRI.com), offers access to health information for your gender and age group as well as hundreds of articles from Mayo Clinic Health Information®.
- **Member Education** – Our award-winning quarterly magazine, *Choices*, is filled with information to help you stay informed and take charge of your health. A special section inserted in the center contains news about your health plan.

For information about any of our programs, please call us at (401) 351-BLUE (2583), or 1-800-505-2583, seven days a week, 8:00 a.m. to 8:00 p.m. If you are hearing impaired, please call our TTY/TDD number at (401) 831-2202 or 1-877-232-8432.



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[www.BCBSRI.com](http://www.BCBSRI.com)

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