



Care Coordination

Helps those with asthma, diabetes, coronary artery disease, COPD, or heart failure enjoy better health and savings.

OSU Health Plan | osuhealthplan.com

Care Coordination helps Ohio State faculty, staff, and their family members better manage their chronic health condition, improve their health and save money. If you have asthma, diabetes, coronary artery disease, COPD, or heart failure and are enrolled in a university medical plan, the next step is easy. Make a call to [1-614-292-4700](tel:1-614-292-4700) or [1-800-678-6269](tel:1-800-678-6269) to schedule your first phone appointment.

5 BENEFITS OF CARE COORDINATION

- 1** Complimentary to Ohio State faculty, staff and their family members enrolled in a university medical plan!
- 2** Support and help in understanding your prescribed drugs, and significant savings* on prescription drugs.
- 3** Additional points through the Your Plan for Health Faculty and Staff Incentive Program.†
- 4** Connection with a team of health care professionals to help achieve your health and wellness goals, get the most out of your health plan benefits, and learn about other community resources.
- 5** A personal action plan for feeling better and improving your health and well-being over time.



*Savings vary based on chronic condition and medication needs. Many generic medications are covered at no charge while certain name brands are half-priced.

† For faculty, staff, and spouses.

Here's How You Save

The best way to save money on health care costs is to take good care of yourself

Together, you and your care coordinator will create a personal action plan designed to get you healthy or keep you healthy and feeling your best. For example, your plan could include healthy behaviors to improve your blood pressure and blood sugar levels, manage your weight and cholesterol, and engage in heart healthy exercises. You then follow the plan at your own pace.

Save money through the Prescription Drug Benefit

Save on the cost* of qualifying prescriptions each year. Get discounts on prescription copays within two weeks of your first appointment with a Pharmacist — so it pays to enroll right away!

Your care coordinator provides personalized support for better health

At the heart of the Care Coordination program is your **Care Coordinator** who will listen to your concerns, answer your questions, develop your personal action plan for better health, and coach you to success.

Your Care Coordinator also serves as a valuable guide to help you understand your physician's instructions and prescribed drugs, discover helpful community resources, and connect you with other important Your Plan for Health services including Biometric Health Screenings, Educational Programming, Personal Health & Well-Being Assessments (PHA), the Faculty & Staff Incentive Program, and the Ohio State Employee Assistance Program.

Friendly, reliable, knowledgeable and connected

Your Care Coordinator will link you to a team of health care professionals including nurses, health coaches, nutritionists, exercise physiologists, pharmacists and educators who will support your health goals.



JOIN NOW

Monday through Friday | 8 a.m. to 5 p.m.

Call: 1-614-292-4700 or 1-800-678-6269 (option 1, option 1)

E-mail: carecoordination.osuhealthplan@osumc.edu

Care Coordination is a service provided by the OSU Health Plan, for Your Plan for Health (YP4H), Ohio State's comprehensive approach to providing faculty and staff with the tools and resources that empower them to become proactive in managing their own health.