



Managing your health care can be overwhelming, but it doesn't have to be.

Multiple chronic conditions (MCC) pose a significant and increasing burden on the health of Americans. If you have **Medicare and live with two or more chronic conditions**, chronic care management (CCM) services can help connect the dots so you can spend more time enjoying your life.



Ask your doctor about chronic care management services and get the connected care you need.

Do you have questions about CCM services? Call the Senior Health Insurance Program (SHIP).

- In Kentucky, call KY SHIP at 1.877.293.7447 (option #2)
- In Ohio, call OSHIP at 1.800.686.1578

**Better manage YOUR health
with CCM services!**

© 2020 Copyright, CGS Administrators, LLC

CONNECT THE DOTS!



Life for Individuals with Multiple Chronic Conditions

Jurisdiction 15 Medicare Administrative Contractor
KENTUCKY | OHIO



A CELERIAN GROUP COMPANY





What conditions are considered chronic?

Chronic conditions are those that last a year or more and require ongoing medical attention. They can also limit your activities of daily living. This includes:

- Alcohol, drug, and/or substance abuse
- Arthritis
- Atrial Fibrillation
- Cancer (Breast, Colorectal, Lung, and Prostate)
- Chronic Obstructive Pulmonary Disease
- Diabetes
- Hepatitis B & C
- High cholesterol
- Ischemic Heart Disease
- Schizophrenia and Other Psychotic Disorders
- Alzheimer's and Dementia
- Asthma
- Autism Spectrum Disorders
- Chronic Kidney Disease
- Depression
- Heart Failure
- HIV/AIDS
- High blood pressure
- Osteoporosis
- Stroke

In other words, multiple chronic conditions are two or more chronic conditions that affect a person at the same time. For example, either a person with diabetes and COPD or a person with heart disease and depression, both have multiple chronic conditions.



What services are included in Chronic Care Management (CCM)?

CCM services may include:

- At least 20 minutes a month of chronic care management services
- Personalized assistance from a dedicated health care professional who will work with you to create your care plan
- Coordination of care between your pharmacy, specialists, testing centers, hospitals, and more
- Phone check-ins between visits to keep you on track
- 24/7 emergency access to a health care professional
- Expert assistance with setting and meeting your health goals



How much do I pay for CCM services?

Medicare Part B deductible and co-insurance apply to CCM services. If you have supplemental insurance, it may help cover these costs.

Receiving CCM services may help avoid the need for more costly services in the future.

