



Chronic Care Management

A Patient's Guide to Chronic Care Management



What Is Chronic Care Management?

Chronic Care Management also referred to as CCM is a program provided by Medicare to provide non face-to-face services to patients who have two or more chronic conditions.

Am I Eligible for the CCM Program?

To be eligible for the CCM program patients will need to have 2 or more chronic conditions that are expected to last 1 year or up to a lifetime.

Or

Medical conditions place patient at, a functional decline in health, acute exacerbation, or significant risk of death.

Will the Program Cost Me Anything?

The majority of the CCM program is covered by Medicare, but depending on your plan, you may be responsible for a portion of the payment.



How do I get started?

To initiate a visit to Ridgecrest Regional Hospital's CCM program you must first be seen for either an Annual Wellness Visit or another visit type by your Primary Care Provider (PCP). Be sure to ask about a referral for the Chronic Care Management program!

You will be required to give your verbal consent prior to joining the program. But know, you are in control; YOU have the right to decline, transfer, or terminate participation at any time.

Call Ridgecrest Rural Health Clinic to Schedule Your Appointment with your Doctor Today!



(760) 499-3855



Dawnette Shull,
RN, MSN

WHAT'S INCLUDED IN THE CCM PROGRAM?

Your personal care coordinator,
Dawnette Shull, RN
will assist you with the following:

- Continuous attention is given to medical care needs between visits with your PCP.
- Guidance with establishing new care and utilizing resources within your community.
- Working with your PCP to create a care plan that revolves around your personal health goals.
- Keeping you up to date on upcoming preventive services and immunizations. Help shine light on your medical conditions and the medications your doctor prescribes. No more feeling like you are in the dark!
- Priority access to your PCP for urgent needs; just inform your Care Coordinator.

Examples of Chronic Conditions

- Alzheimer's Disease and related Dementia
- Arthritis (Osteoarthritis and Rheumatoid)
- Asthma
- Atrial Fibrillation
- Autism Spectrum Disorder
- Cancer
- Cardiovascular Disease
- COPD
- Depression
- Diabetes
- Hypertension
- Infectious diseases such as HIV/AIDS

This is not an all-inclusive list; please speak with your primary care provider for more information.



Why Should You Join a Chronic Care Management Program? (CCM)

According to the CDC, 3 in 4 Americans 65 years and older have multiple chronic conditions that require ongoing care; also, about 1 in 10 hospital stays can be prevented with better management.

With the help of a personal Care Coordinator, we here at Ridgecrest Regional Hospital will work together with you; the patient every month via phone or email, to better manage chronic medical conditions. With 24/7 access to CCM support team it can help you save time, money, and the worry that comes with unexpected medical problems. And by avoiding preventable office visits and hospital stays, you'll be more independent, have a better quality of life, and the peace of mind that comes with a clean bill of health.

Preventative Care Today for a Brighter Tomorrow!

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